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confirms surgery rumours

Furious KOURTNEY
Hits out at 'cradle snatcher' ex Scott

Assault allegation ends **KERRY'S** year-long marriage

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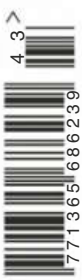
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GEMMA
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RIMMEL

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She's so Now

Georgia put her best Foote forward

If someone told you: 'Your task this week is to learn how to rumba, then perform it live to millions of people,' you'd be pretty nervous, right? Then throw into the mix a revealing outfit and four fearsome judges... I'm not sure about you, but I'd cry a little.

But one woman who's done all of that without flinching is Georgia May Foote. The gorgeous 24-year-old admitted she was 'scared' but she's shone on Strictly. We salute you, Georgia!

And for more glitterball gossip, turn the page...

Lydia Southern, Assistant Content Editor (Digital)
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Be part of the story!



Dance partner Giovanni Pernice may be hot but it's Strictly professional between him and Georgia



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This week's **Love** juice

Who's **dating**, **mating** and **hating**

Strictly's Jay's secret girlfriend?

Jay McGuinness & Lauren Chavez

After he was wrongly linked to his married dance partner Aliona Vilani, 31, last week, Strictly's Jay quickly slammed any rumours of romance, saying: 'My eyes won't wander – it's a dance show, not a dating show.' So who could his eyes be wandering from? A secret girlfriend? Gasp!

Despite the shy 25-year-old claiming he's 'single', it appears the only lady Jay has eyes for is Latina actress Lauren. The stunning brunette, who lives in California – where Jay has spent the majority of his time since The Wanted split – seems more than glad he came into her life according to her very active social media accounts.

In fact, loved-up Lauren has been sharing soppy posts of the pair ever since July 2014. She posted a throwback picture three weeks ago – while Jay was in Strictly rehearsals in London – writing: 'Missing this day... HARD.' Lauren seemingly confirmed their romance on Jay's birthday in July, writing: 'I love love love you. Thank you for being such a beautiful human being & such a radiant light in my life.' More than just friends? We think so!

DEC 2014

Lauren with her 'total babe' Jay



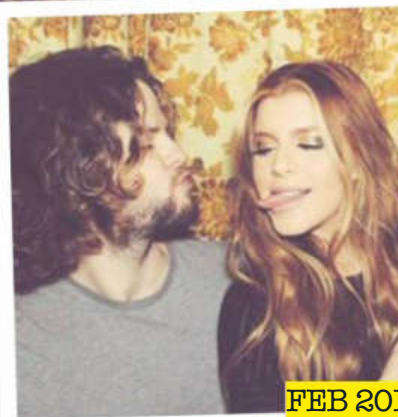
JUL 2014

'Going to miss you so much'



OCT 2014

They seem to have a routine by now...



FEB 2015

That's a lot of tongue



AUG 2015

Hanging with her 'sk8ter boi'

Carol McGiffin & Mark Cassidy

After battling breast cancer Carol, 55, says she's ready to walk down the aisle next year with Mark, 33, revealing: 'I've already bought three dresses!'

Hotting up

LOVE ladder



Amber Rose & Wiz Khalifa

Despite a messy separation last year, it seems Amber, 31, is back with rapper Wiz, 28, judging by this selfie.



Emma Watson & Roberto Aguirre

Reports that Emma, 25, was romantically involved with actor Roberto, 26, were wide of the mark – it turns out they're nothing more than just good friends.

Cooling off



Lily Collins & Jamie Campbell Bower

Lily, 26, has apparently split from Jamie, 26, again after posting cryptic posts online.



Who's Ed marrying?

Courteney Cox & Johnny McDaid

After serenading Little Mix's Jesy Nelson as Rixton's Jake Roche popped the question in July, Ed Sheeran, 24, has upped his game as celebrity Cupid. He's reportedly become an ordained minister to marry Courteney, 51, and Snow Patrol's Johnny, 39 – who he introduced in 2013 – at their forthcoming ceremony.

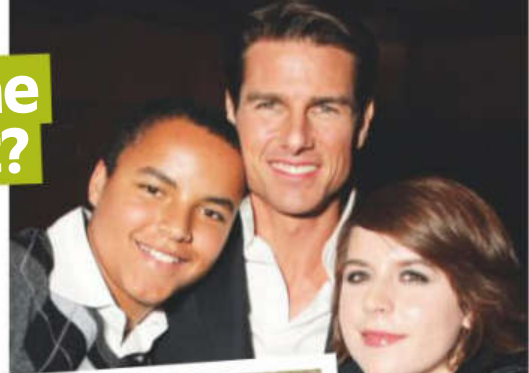


Ed: matchmaker to the stars

Not on the guest list?

Isabella Cruise & Max Parker

While most dads dream of walking their little girls down the aisle, Tom Cruise, 53, didn't attend his 22-year-old daughter Bella's recent London nuptials to IT consultant Max. But the Hollywood star is reportedly 'totally cool' with it – as was Bella's mum Nicole Kidman, 48, who wasn't there either. Ouch.



Tom didn't get to play father of the bride

Births and biceps?

Suzanne Shaw & Sam Greenfield

Following the birth of her son with fiancé Sam last week, former Hear'Say star Suzanne, 34, is wasting no time in shedding her baby weight. After Tweeting how 'besides myself with love and happiness' she is, she also revealed a Pure And Simple plan to get back into shape, writing: 'I want to get into the gym as soon as possible. It's so important to get your endorphins pumping away to help lift spirits.'



Crush corner

CASPER SMART, 28

If we weren't already jealous of Jennifer Lopez and her amazing body and all-round greatness, we are now after seeing this picture of her toyboy Casper. Who, um, happens to be 18 years her junior! Wrap those arms around us Casp, we want a cuddle.



GEMMA
COLLINS
EXCLUSIVE

AUGUST

Gemma back up to
a size 22 in Portugal
during her four-
week juice diet

'I'
now
and

**'IT'S THE
BEST THING
I'VE EVER
DONE'**



You never forget your first time. No, we're not talking about *that* – we mean

meeting Gemma Collins, 34. We've known her for four years and she's always been larger than life and brimming with confidence. But behind the bravado of her outrageous 'GC' alter ego on TOWIE was an unhappy young woman.

On screen she turned vicious, even throwing drinks over her best friend Bobby Norris before quitting the show. Off screen, things were even worse. Gemma became trapped in a series of toxic relationships with 'bad men', all the time putting on weight, finally settling at a size 22.

Today, a calm and happy Gemma says: 'I lost myself. I didn't know who I was

any more.' Thankfully, she took control and lost 3st with help from the Juice Master Jason Vale. 'It's the best thing I ever did,' she tells Now. 'I know myself and I've found my self-respect again. I'm confident on the outside and inside too. So don't call me GC any more – I'm happy being just Gemma.'

Wow, you look fantastic!

Thank you. This is the most weight I've ever lost and I know I'll continue. My love affair with food is over.

How much weight have you lost?

Three stone and I've dropped two dress sizes so far. I've gone from 18st 6lb to 15st 6lb. My goal is to be a size 14, but I'd like to lose another 2st and be a size 16 by Christmas. And I will do it.

What's made you so determined?

It got to a point where I thought: 'This isn't going to go away. I've got to do something about it.' I felt knackered all the time. It was horrible. I knew I had to change, but I could only do it if I got away

for a while and sorted myself out.

What sort of person did you become?

Crazy Gemma off the TV.

Ah, you mean GC?

I've not killed her off – there'll always be some GC in me – but I've calmed her down. It was an outrageous character I developed due to how I was feeling at the time. She was very bold and brash. I don't want people to call me GC any more. It reminds me of that old person.

So how did you lose the weight?

I was hypnotised by a man called Robert Hisee and that gave me a boost, so I was eating a lot less. Then I went to Jason Vale's Juicy Oasis in Portugal for four weeks. I was on my own and didn't know anyone. Every week I could feel myself getting stronger and more confident. It was the best thing I ever did. No money in the world can repay Jason for what he did.

Were you nervous?

Yeah. Most people don't get to see that side of me, but I can be very

TURN FOR MORE ➡

ELOST 3st...

I'll find a man have a baby!

After dropping from a size 22 to an 18 on Jason Vale's juice diet, Gemma tells Now's Amy Brookbanks about life after TOWIE



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❖ vulnerable and shy. I only let people see that side when I'm 100 per cent comfortable around them. New people came every week and it got to the point where I didn't care I had no make-up on. I realised I'm not 'Crazy Gemma' off TV any more. I'm just Gemma.

How do you feel now?

I love life. Before, I'd think: 'I can't start the day without a bloody bacon sandwich and a couple of Bourbon biscuits!' The inner confidence it's given me is amazing. When people say beauty is within, it's true.

You could have the most expensive bag and shoes, but if you feel like shit inside it'll show. This was like rehab for me.

You seem like a different person!

I am. I can look in the mirror and say: 'I like myself.' It's a good place to be.

Before, there was no calm in my life. I don't have to scream and shout – I know who I am.

What's the most positive change?

I've got my self-respect back. I lost it along the way. I made terrible decisions with blokes and hung around with some wrong people, but now I love and respect myself too much. I'm happy for me. It's the best feeling in the world!

How did you cope just drinking juice for four weeks?

When I got there I was knackered. I slept for about two days and on the fifth day I thought: 'This is

really mad. I'm not hungry, what's going on?' It wasn't difficult. I said to Jason: 'Are you putting stuff in these drinks?' [Laughs]

What did you do every day?

I had a 6.30am yoga class and went for two-hour walks. Everything is optional, but it must be a psychology thing because when you don't *have* to do it, you want to. You have four juices a day and every morning you have a ginger or wheatgrass shot. I had a juice at 10am, 1pm, 4.30pm and 8pm and that's it. Jason taught me: 'You'll never get fat from eating fruit or veg.'

You've just been to Dubai on holiday. Was that difficult?

Yes, I put on 6lb! [Laughs] But I'm not going to miss out on a holiday to stay home and drink juice! I'm healthy now – I drink a juice in the morning, have lunch and soup for dinner – so I know it'll drop off again. I did drink, but not excessively.

What were you eating before?

Sausage baguettes or a bacon sandwich for breakfast. Zizzi's pasta with bread and olive

oil for lunch. I loved two apple cream turnovers. And steak and kidney pie with mash. I'd drink 10 cans of Diet Coke a day too.

Are those habits hard to break?

I walked past a burger joint with my best friend Saffron the other day. I said: 'We're not going to put that shit into our bodies!' And she went: 'Well done, I was testing you!' When I said it I thought: 'Bloody hell, where did that come from?' But I love myself too much to eat a big fatty burger. I'm not saying I'll always eat healthily, but I want to 75 per cent of the time.

What's your relationship with food like now?

I'm not in love with food any more. There's a baguette just there with caramelised onion and cheese and I don't want it – normally I would've had three of them! [Laughs]

Why did you get so overweight?

I used food as a crutch, thinking it would cure boredom, sadness and

I'M NOT IN LOVE WITH FOOD NOW

Gemma's favourite smoothie

'Stick a banana, some mango, spinach and an apple in the juicer and blitz it – it's divine. It's the quickest, easiest juice to make ever and it's amazing. Or if you're in a real rush, just put a load of red grapes in, blitz it and that's great.'

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break-ups. No food says on the tin: 'This will cure your boredom.' It's all bollocks. If I'm bored now, I don't think about food.

Was there a moment when you knew you had to change?

My mum Joan's in a wheelchair now with a rare, aggressive form of arthritis. That was the turning point. I realised: 'F***, none of us are untouchable.' I was self-abusing my body with food. I was on TV and the fattest of all of them. I put up with lots of shit on Twitter, people saying: 'You fat bitch!'

What was your lowest moment?

On the last series of TOWIE I'd been through a really rough time with my ex. I didn't want to leave the apartment in Marbella to go filming because of the paps – they wanted to take a horrible photo of me. I couldn't even eat if they were there. It became a living hell – I could never relax.

When you got home from the retreat, did you clear out your kitchen cupboards?

I had someone do it all for me so I could come back and start afresh. I ordered £250 worth of fruit and veg from an organic farm. They rang thinking I'd made a mistake!

Have you surprised yourself?

Oh yeah! I find it weird I can walk down the supermarket bread aisle and it's not torture. My mate and I went to the shops and she was like: 'I'll get Dave a cream cake.'

To test myself, I looked at every single cake. I was desperately trying to see where that passion had gone, but I just flicked my hair and walked off. I was like: 'You're over it!' A cream apple turnover used to be top of my list – I'd eat two in one sitting – but now I ain't interested.

So new body, new man?

This will be the year I finally meet someone and I'll have a baby sometime soon. Looking back, I can't believe I said: 'I'm desperate to meet a geezer.' I don't want no geezer. I want a gentleman.

You made some bad decisions with men in the past. Why?

Because I felt down on myself and was attracting negativity. I didn't feel I was worthy of this lovely life with a nice man and a baby. People say you only meet someone when you truly love yourself. I thought it was bollocks, but now I really believe it. I don't have to grab the first piece of shit that

lands on the floor. I was scraping shit off the floor, spending thousands clothing them out in Hermès aftershave and loafers – I was so

desperate for a man. Now I can choose if I want one.

And what about your ex Arg?

I admire him, but would I go out with him now? No! It's like: 'Arg who?' I'm a different person.

So is there a man in your life?

I've got my eye on someone. He's absolutely gorgeous! An Essex lad with long blond hair. I met him in a bar a while ago, but I was always really drunk. He'd throw me in the back of his truck and drop me home. He asked for my number last week and we've been texting. I met another guy last week in Liverpool who wants to buy me a Range Rover – it's all happening! I'm finally meeting people who are worthy of me and don't just want to come to my house for a shag. They want to date me!

Any famous admirers?

Fatman bloody Scoop! He drove me insane. I thought it was a wind-up. The night before I went to Dubai he wanted to meet up, but I didn't get back to him. He texted: 'Are you back from Dubai?' I'm not going out with him! Fatman ain't for me.

Visit gemmacollinsofficial.com



Bad luck, Fatman Scoop – Gemma's not interested!

Words: Amy Brookbanks. Photos: Ben Bond. Make-up: Miley Phillips. Styling: Sally Neville. First page: shirt dress, £38. Next: Corset, corsetdial.co.uk. Skirt, £17. Yours. Previous page: shirt, £12. Primark. Bra, £19.50. Marks & Spencer. Waist cincher, £24. veyrouk. Skirt, £24. Dorothy Perkins. Additional photos: Can/Capital Pictures, Rex

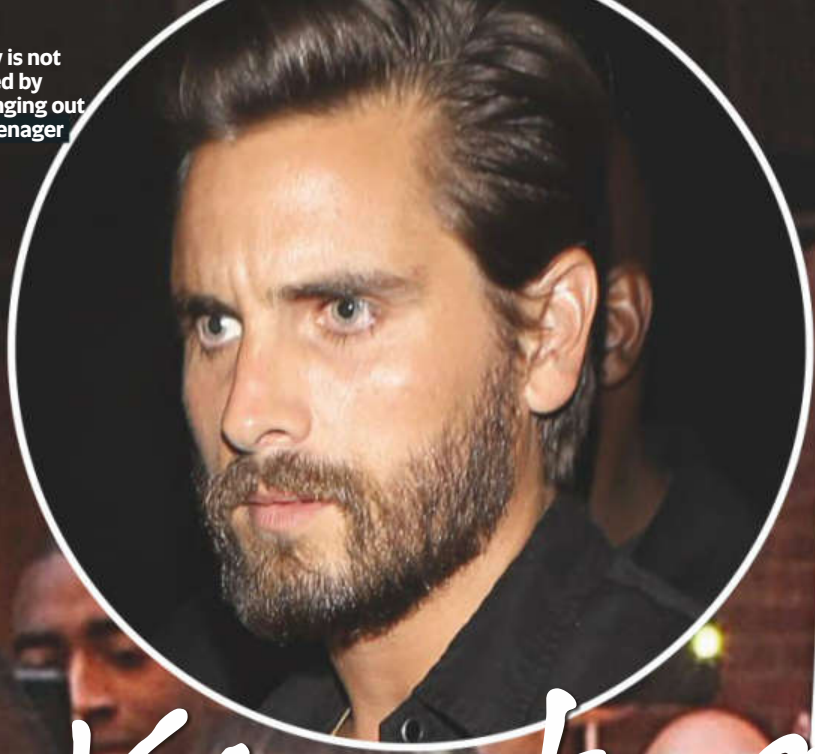
NEXT WEEK

Gemma Collins' smoothie diet!

- Full day-by-day guide – how she did it and you can too
- The recipes that worked for Gemma – and will also work for you



Kourtney is not impressed by Scott hanging out with a teenager



Kourtney INSTA

Kourtney Kardashian takes revenge on ex-b

Their split two months ago has been far from amicable. And now relations between estranged couple Kourtney Kardashian and Scott Disick have broken down completely after Scott was linked to 18-year-old model Lindsay Vreckovnik.

The warring exes, who split in July, have taken to Instagram to air their grievances with a sequence of cryptic posts and photos that appear to be aimed at each other. While Scott, 32, has been spending time with Canadian model Lindsay, Kourt, 36, has been taking care of their three

children Mason, five, Penelope, three, and 10-month-old Reign at home in Los Angeles.

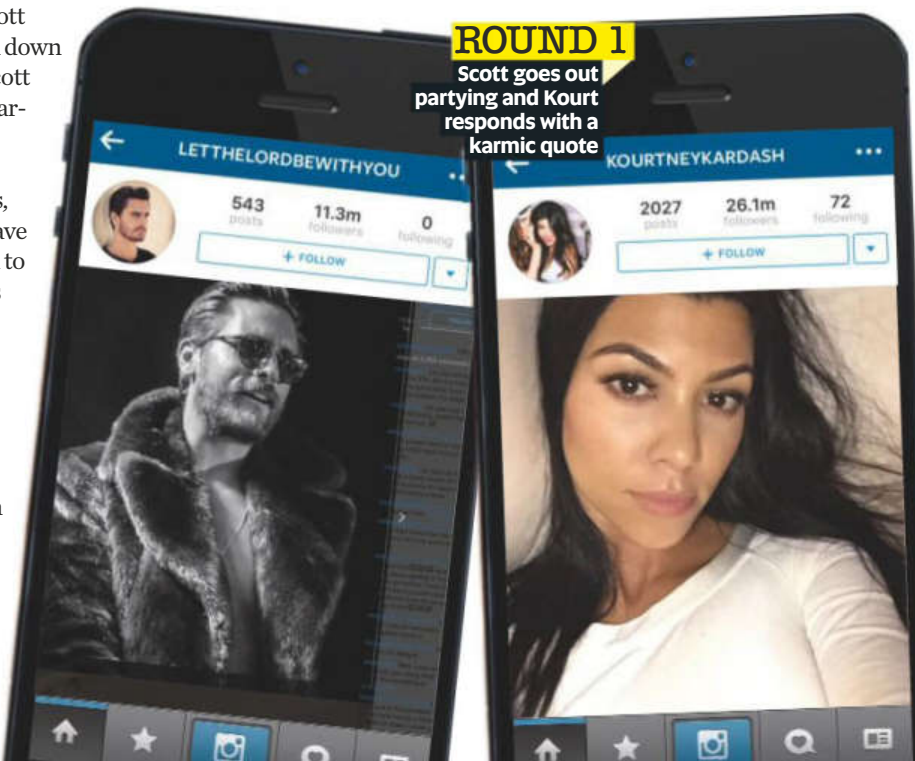
'Kourtney's livid about Scott and Lindsay. It's one thing to meet someone new, but

someone as young as her sister Kylie Jenner is another. But she also thinks it's typical of Scott and he's making a fool of himself. She's laughing at him but she's hurt as well,' says a source.

As a result Kourtney, who's already slimmed down from 8st 3lb to 7st 3lb, has upped her gym game and according to close friends wants her '25-year-old, pre-Scott body back'. 'She's doing boxing with Khloé regularly to shift the last of her baby weight,'

ROUND 1

Scott goes out partying and Kourt responds with a karmic quote



Is Kourtney

Kourtney seems all too ready to move on from Scott, with rumours sister Khloé's been recruited as matchmaker. But Now can reveal that it may not be a man Kourt dates next – it could be a woman!

Cast your mind back to 2009 when she appeared on *Kourtney And Kim Take Miami*. In footage aired on the show, Kourt briefly split with Scott and invited bisexual Jackie Cruz, who now plays

THIS YEAR'S
NEW MODEL

Lindsay & Scott's AWAR!

The pictures suggest something is going on between Lindsay and Scott

oyfriend Scott, who's been hanging out with a model half her age...

a pal tells Now. 'She's feeling more body confident and is finally getting her mojo back after having Reign last December. Kourtney wants to hold her own next to Scott's new model friend.'

Scott, who's been dubbed a 'cradle snatcher' because of the

age gap, was first spotted with Lindsay two weeks ago, leaving Trump SoHo in New York. They then went to IOAK nightclub before leaving Soho House together at dawn. Although reports suggest they met through friends in New

York, it's believed they've hung out together in LA in the past.

Days later they were seen partying in Miami with friends, fuelling Kourtney and Scott's Insta feud. Last week party animal Scott posted a picture of himself cosying up to Lindsay

– who only graduated from high school in May – in furry floor-length coats. In the now-deleted pic, Scott had his arm wrapped around Lindsay, who appeared to be wearing nothing but a coat and white

TURN FOR MORE ➡

Scott's new man going to be... a woman?

inmate Flaca in Orange Is The New Black, for a night out on the town. At first, in scenes of Khloé, Kourtney and Jackie dancing in a lesbian club, things seemed platonic – until Kourtney and Jackie started dancing together in a dark corner of the club.

At the time, Khloé, 31, joked that Jackie, 29, was trying to get her sis to 'switch teams', adding: 'And looking at her, who knows, maybe she wants to get traded'. And it seems Khloé was right, as Kourtney later gushed: 'Jackie's carefree and fun. She just kind of

like has this like spell, almost.' Moments later Kourtney and Jackie locked lips in full view of everyone. 'The kiss was real and fun,' Kourtney said afterwards.

Five years later, it's emerged the pair are still in contact. In an interview last year, Jackie revealed: 'Kourtney's such a sweet person and yes, we are still friends. Now and then we text each other to see how we're both doing.' And in an interview Kourt admitted: 'I kissed girls back in college but it was the first time with Jackie.'



Kourtney and Jackie's smooch

Now you can

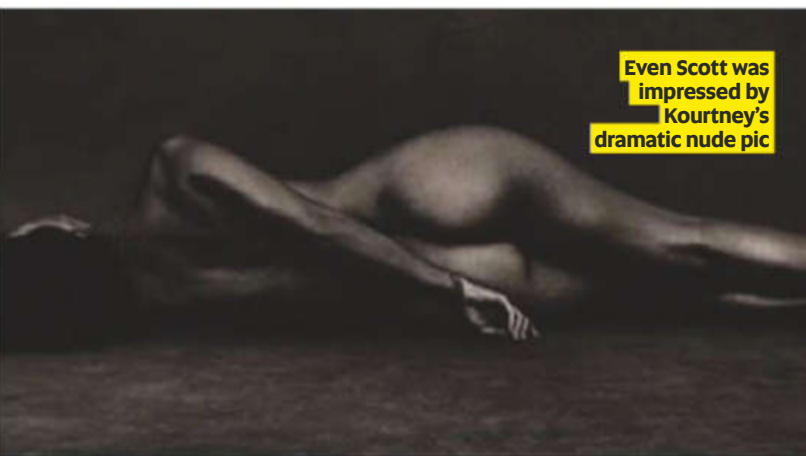
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Even Scott was impressed by Kourtney's dramatic nude pic

♥ bikini bottoms, in a hotel bathroom. He also posted a selfie in a matching coat.

It was clearly enough to rile Kourtney, who a few days later showed her ex – and the world – just how hot she is by posting an incredible image of her naked body. She captioned it: 'Love being a part of @brianbowensmith #metalliflifeseries. Go to vanityfair.com for more images and to read about it.' She followed that hours later with a new post: 'Love me,' in neon pink lights. Then, to top it all, she casually threw in a shot of herself looking sizzling on the cover of US Cosmopolitan's 50th birthday edition.

The beef between Kourtney and Scott has been building up momentum over the past month. Just a week earlier Scott teased his followers with pictures showing how he was living it up in New York. He also posted

a shot of women holding up letters spelling out 'Lord', his self-styled nickname.

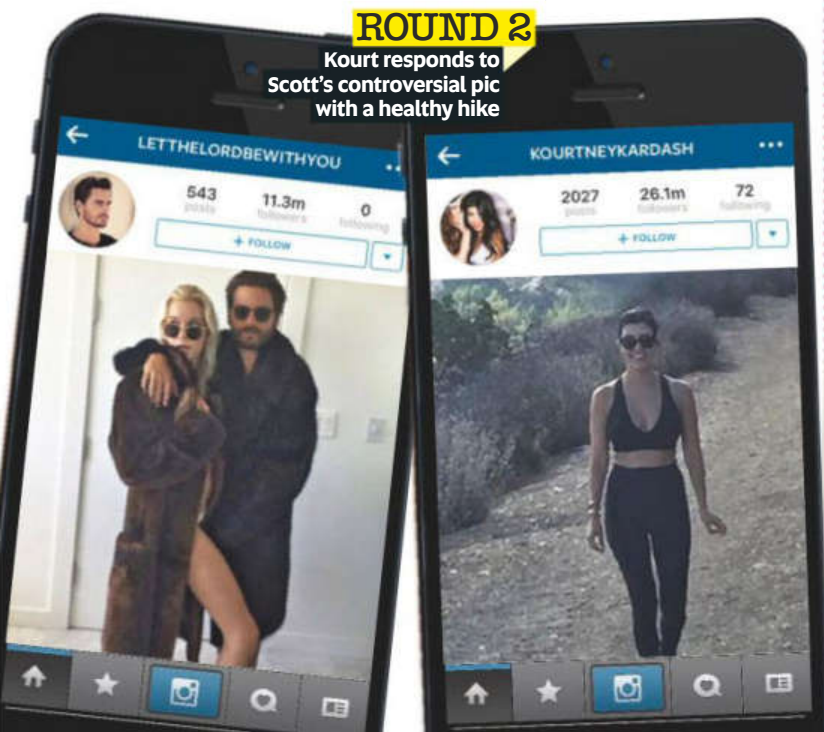
Kourtney apparently countered Scott's hedonistic shot with her own selfie showing her relaxed in bed. She captioned it with a quote from an Anne Brontë poem: 'I love the silent hour of night, for blissful dreams may then arise, revealing to my charmed sight what may not bless my waking eyes.' Kourtney, who's worked hard to lose the baby weight over the past year, followed that with a post captioned:

'Monday morning hike' – in contrast to Scott's wild night out.

In the battle of the former lovers, Kourt appears to have won. Last Thursday Scott re-posted her naked pic with the caption: 'Now that's 1 hot mama.' But we're not sure that's going to be enough to win Kourtney over. This is one social media spat that's not going to end any time soon...

ROUND 2

Kourt responds to Scott's controversial pic with a healthy hike



Watch out Scott!

LINDSAY'S ALREADY GOT A MAN

His new model friend *isn't* single



Lindsay claims she's an innocent party in all this

Canadian model Lindsay Vreckovnik has been caught up in this latest Kardashian drama after photos emerged of her looking very close to Kourtney's ex Scott. And while the 18-year-old appears to having the time of her life partying with the dad of three – who's fought a well-documented battle with alcohol and drugs – she was keen to clear up the rumours of a romantic relationship with the self-proclaimed 'Lord' Disick.

In a lengthy Facebook post, Lindsay addresses readers with: 'Alright, you savages,' and goes on to say: 'Me? Dating Scott

Disick? Comical. I am in my own relationship and it is certainly not with him, nor would I risk my relationship for him.' Lindsay's rant was reposted by 'Mary Feline', real name Mary Flynn, believed to be a relative of the Toronto-based model, last week.

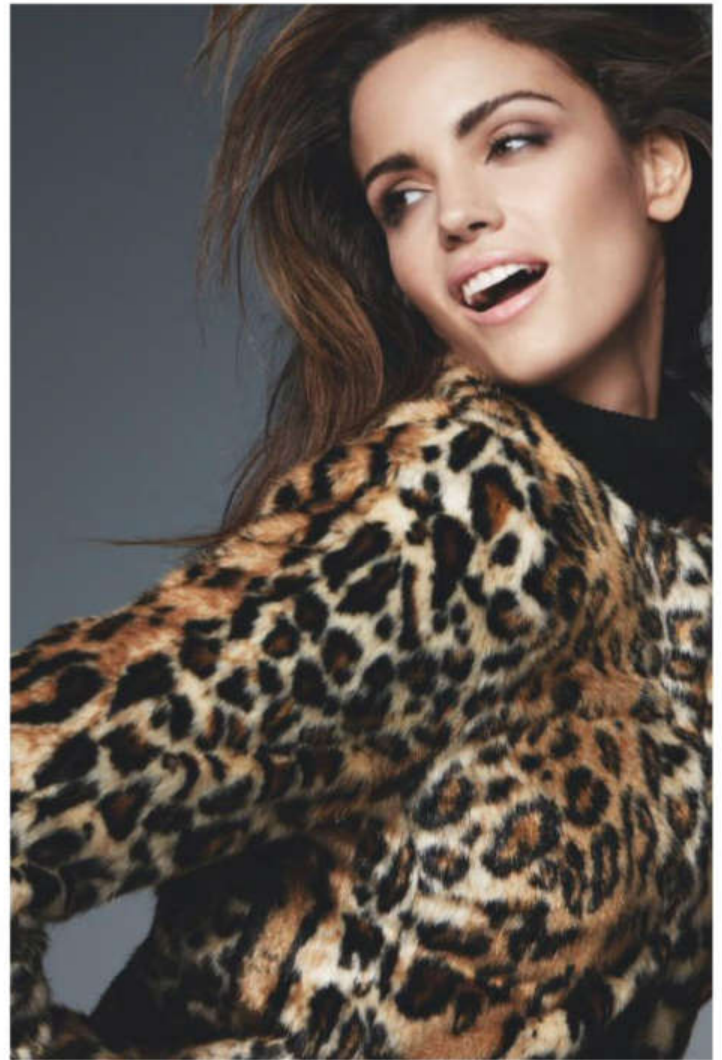
Lindsay adds: 'Me and Scott have a lot of mutual friends from LA and that's how we know each other. Who, speaking of, were cropped out of the majority of those pictures to make it seem like we were alone.'

The post follows reports that the photos of her partying with Scott have 'caused a problem' with her boyfriend back home. We're not surprised...

'ME AND HIM? NO'



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Another
Now
exclusive

Sep 2015

Kerry's split
with husband
George Kay

Brian McFadden

'LET'S HOPE THAT'S THE END OF IT'

Brian tells Now how he's been helping ex-wife Kerry get over her marriage split

As Kerry Katona announced that her third marriage is over, following reports her husband of 13 months George Kay assaulted her at their family home, Now can exclusively reveal that ex-husband Brian McFadden has reached out to the heartbroken star. He tells Now: 'It's sad for everybody but the most important thing is that Kerry's OK and the kids are OK and they are – I've spoken to them.'

Brian, 35, has two daughters with Kerry – Molly, 14, and Lilly-Sue, 12. He revealed he's now hoping her toxic marriage is

over for good. 'I spoke to Kerry,' says Brian. 'That stuff happens but let's hope they can both go on and be happy and that's the end of it now. Kerry's had a rough run. Let's hope she can have a smoother run for the rest of her life.'

Last week police confirmed a 35-year old man had been arrested on suspicion of assault and possessing a Taser. A police spokesman said a 35-year-old woman 'sustained bruising to her face and arms'.

Kerry's spokesperson released

a statement confirming: 'It is with deep sadness Kerry announces the end of her marriage to

George Kay. Her focus now will be on her gorgeous children.'

She and Brian were married for four years before divorcing in 2006, but have remained in contact because of their

daughters. As news broke of her marriage split with George, Kerry Tweeted a picture of her five children – Molly and Lilly-Sue, plus Heidi, eight, and Max, seven, from her marriage to Mark Croft

and 18-month-old Dylan-Jorge, her daughter with George – captioned 'My world xxxx'.

From the start, Kerry's relationship with George had been volatile. When they started dating in 2012, those close to her were concerned as he hadn't long been out of jail after serving half of a six-year term for blackmail. He was working as her minder and driver when romance blossomed and after nine months he proposed at the top of Blackpool Tower in front of her children.

She gushed about the proposal:

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Kerry and George: a very troubled love affair



Feb 2014

Kerry and George have a heated conversation



Apr 2015

The couple had a row after George insisted on hiring an expensive car



Oct 2015

The marriage-ending incident took place here, at their East Sussex home

✦ I've never had this before in a relationship. It feels so stable and it definitely feels right.'

Kerry fell pregnant soon after and they welcomed their daughter Dylan-Jorge in April 2014. But just six weeks before their wedding, George was sectioned under the Mental Health Act after being arrested at their family home in Oxfordshire when he was found running in and out of cars in his underwear, shouting that someone was going to kill him.

But Kerry was determined to stand by her man and their wedding went ahead at Tortworth Court Hotel near Bristol in September. Speaking about the incident in December, George said: 'A lot more was made of this than it actually was. Don't get me wrong, I made a mistake. I took steroids and mixed sleeping tablets with alcohol and made a bit of a fool of myself outside the house, but that's all it was.' Kerry even joked: 'I can't afford another divorce anyway!'

But it wasn't long before

the strain on their relationship boiled over in public again. In April, the couple were pictured having a heated public row, allegedly over George's insistence on hiring an expensive BMW despite their strained finances. George was seen storming off in the car, leaving bankrupt Kerry standing in the street.

She later admitted: 'Sometimes, honest to God, we have arguments and I just want to batter him.' Kerry revealed they'd been having 'explosive' rows, mainly over money, adding: 'Generally it's just bickering but then there's a flashpoint and they explode.'

Kerry Tweeted this picture of her kids captioned: 'My world'



But she denied that their arguments had ever got physical. 'Never!' she said. 'Do you think if George ever got physical with me I'd be sat here right now to tell the tale? He'd only have to touch me and I'd fall down.'

But later that month George admitted: 'It's been tough lately. We've been rowing a lot. Marriage isn't what I thought it would be, to be honest. There've been times I've thought we might not last. In my darkest moments I've wondered if we should even be together.'

Things got worse in June when Kerry Tweeted that George had been rushed to

hospital with signs of a stroke – later diagnosed as Bell's Palsy, a condition that causes the muscles on one side of the face to weaken temporarily. George admitted the ordeal triggered a decline into depression. 'I wasn't a very nice person to live with,' he confessed. 'I was being very negative and it was causing a lot of rows between us.'

George was hospitalised again in July after an 'episode' at a

budget hotel near their home in Chinnor, Oxfordshire, reportedly after a row with Kerry that led to her ending their relationship. But, determined to make her marriage work, she allowed George to move back into the family house later that month and after relationship counselling they relocated to a new home in East Sussex to make a fresh start.

Despite their toxic relationship, Kerry Tweeted a heartfelt message on their first wedding anniversary last month saying: 'No matter what, we are a team!! Love you so

much baby xxxx'. And they couldn't keep their hands off each other at last month's National Reality Television Awards, just four days before the alleged assault took place.

It's a sad turn of events for Kerry, who's always been determined to find her happy ending. In an interview a few months ago she admitted: 'I'd be heartbroken if we split up and I'd never date again. I wouldn't want to put the kids through it.'

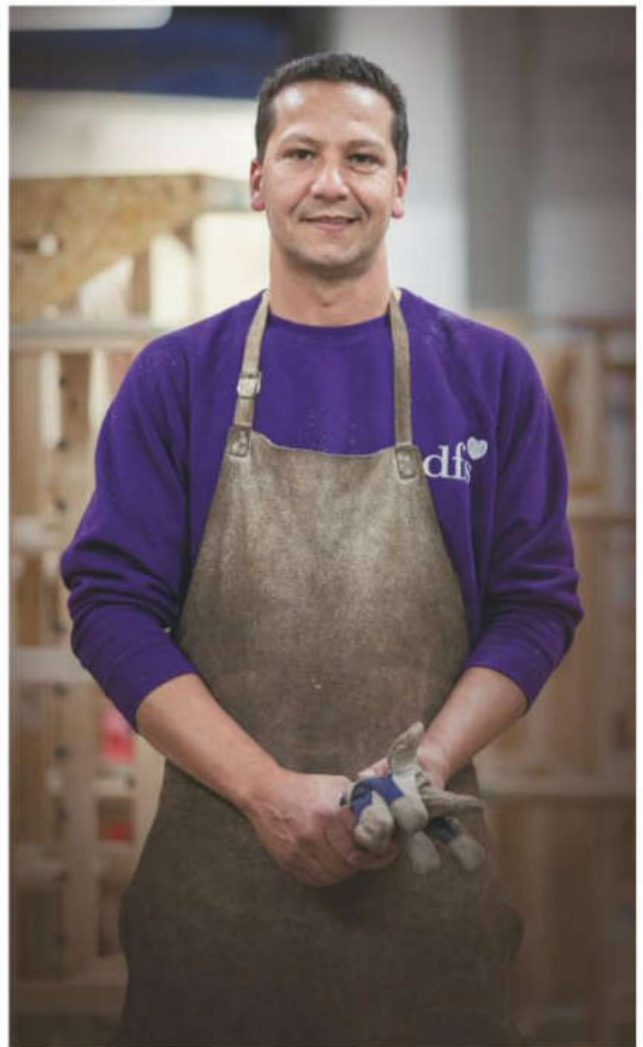
THEY ROWED A LOT ABOUT MONEY



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Exclusive

PETE GOES UNDER THE KNIFE AGAIN!

He's no stranger to the surgeon's knife, believing that changing his appearance is just 'like buying a new sofa'. And five years after that comment, it seems Pete Burns hasn't changed his view on surgery as he's recently been pictured in the aftermath of another cosmetic procedure. The Dead Or Alive singer, 56, was spotted in London last week clutching a Selfridges bag while wearing a bandage over his nose.

Pete's previously said: 'People redecorate their homes every few years and I see this as no different. It's something I'll always do.' His first dalliance with cosmetic surgery came in 1984, shortly before his band hit No 1 with You Spin Me Round (Like A Record), and he's continued to experiment with his look ever

'IT'S LIKE BUYING A NEW SOFA'

since, with a variety of hairstyles and often wearing women's clothes.

By 2000, he'd started having lip filler injections and within a couple of years he'd had numerous operations that completely transformed his face. In 2006 – the year he divorced his wife of 28 years Lynne and entered the Celebrity Big Brother house – he opened up about all his surgery mishaps by releasing a book and starring in the documentary Pete Burns' Cosmetic Surgery Nightmares.

The following year, the Scouser sued a Harley Street surgeon after his lip implants went wrong, claiming it left him feeling 'suicidal'. It resulted in Pete receiving £450,000 in damages in an out-of-court settlement in 2009. But it clearly hasn't put him off having further work done.



Pete's changing face



1985

Pete in his Dead Or Alive heyday



2002

His face has totally transformed



2006

On Celebrity Big Brother



2012

Continuing on his surgery journey

TURN FOR MORE ➡



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Steamy!



Things really gelled between the MIC pair

Did MIC's Spencer and Louise really have sex on TV?

Made In Chelsea star Spencer Matthews' sexual exploits have been well documented on the show and the 26-year-old's steamy 2012 shower scene with co-star and former girlfriend Louise Thompson, 25, caused controversy at the time. Now one of his co-stars suggests there was more than just 'acting' going on. When Now caught up with Binky

Felstead, 25, who's BFFs with both Spenny and Louise, we asked her if anyone had taken things further than a cheeky snog on screen. Binky told us: 'When Spencer and Louise did that steamy shower scene, I reckon they did have sex. Spencer told me they did.'

● Turn to p68 to read Now's full interview with Binky...

NEED TO **know** NOW!

Single!

Sheridan likes to make things public

Sheridan Smith has often taken to Twitter to vent about her love life and in her latest public confession she revealed she's split with The Enemy bassist Andy Hopkins, 29. In a series of Tweets that have since been deleted, Sheridan, 34, posted: 'Single!!!! :)))', adding: 'Bye boys!!' Ouch.



Cilla star Sheridan's said ta-ra to Andy



Bad vibes ban

CHERYL GETS RUTHLESS

Cheryl Fernandez-Versini, 32, last week set her Instagram account to private, leaving fans who don't already follow her out in the cold. Her page says: 'If you're a negative person, swerve. You have no place on my page. Don't waste your time. Good vibes only.' Cheryl's been frustrated by people posting negative comments.



Dough my God!

GBBO star hits out



'Someone's hot and cross. Don't rise to it'

Ruby Tandoh @rubytandoh · 22h
one judge is an actual victorian relic, the other's a walking gammon joint, tell me again about bake off's ~unbritish political correctness~

Nadiya Hussain may be basking in the glory of winning the Great British Bake Off crown last week, but former contestant Ruby Tandoh has unleashed a tirade of abuse at the show's judges Mary Berry and Paul Hollywood. In a bizarre rant on Twitter, Ruby, 23, says: 'One judge is an actual Victorian relic, the other's a walking gammon joint, tell me again about bake off's unbritish political correctness.' Biting the hand that feeds you springs to mind, Rubes.



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Geordie Shore star Marnie Simpson reveals how far it really went with Chloe Ferry

Marnie: 'CHLOE AND I WERE FULL-ON'



Marnie and Chloe had a cheeky snog outside Bijoux bar in Newcastle

They're no strangers to drunken tash-ons and steamy nights in the Geordie Shore house.

But after recently calling time on her nine-month whirlwind romance with former TOWIE star Ricky Rayment, 25, it looks as though Marnie Simpson, 23, has jumped straight into the arms of someone else – her co-star Chloe Ferry, 20.

The pair were pictured passionately locking lips outside Bijoux bar in Newcastle last week, being egged on by excited onlookers. And although some may assume it was just a one-off on a wild night out, Now can exclusively reveal that Marnie and Chloe have actually gone much further while filming the latest series of Geordie Shore.

Proudly speaking of her night of passion with Chloe back in August, Marnie candidly confessed to us: 'Me and Chloe have had our first lesbian experience.'

When asked if it was full-on or just a snog, Marnie added: 'No, full-on,' leaving Chloe to confirm the news, saying: 'Yeah, swear to God.'

'I FANCY HER A LITTLE BIT. SHE IS LUSH'

Marnie went on to reveal: 'It just happened. I fancy her a little bit.' Chloe added: 'Yeah, I fancy her a little bit too. Howay, why wouldn't you kiss her? She's lush! All the boys don't like it when we get close to each other. They hate it; they're jealous.'

But news of their lesbian fling emerged before Marnie admitted she and Ricky were over for good. So when we asked what Ricky's thoughts were on their night of fun and frolics, Marnie confessed: 'I don't think Ricky is threatened by Chloe. I said to him: "This is my girlfriend Chloe."'

Despite both girls laughing off their VPDA's (Very Public Displays Of Affection) it seems one person who wasn't laughing was Marnie's mum, who texted her daughter to ask her if she was a lesbian. Last week Marnie – who told us recently that she's 'staying away from boys' – Tweeted: 'That's defiantly [sic] a sign that the kissing needs to stop now'.

But it seems Chloe's already falling for Marnie, posting: 'Not going to lie @MarnieGShore is unreal who wouldn't neck on with a!!!! Think am getting feelings tho so need to stop.'

Marnie @MarnieGShore · Sep 25
Thanks for being my rebound last night @Chloe_GShore your a good friend 💕💕💕

Marnie @MarnieGShore · Sep 25
When I get drunk I like to kiss my girlfriends its become a serious habit 🍷



Marnie recently split from fiancé Ricky

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What have the stars been shopping and sharing this week?



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GEORGIA JONES

Not one to let summer go just yet, Georgia adds a little tropicana to her life in this culotte jumpsuit.



LILAH PARSONS

Proving that autumn doesn't need to be the frumpy season, Lilah adds a little va va voom to her look by teaming her plain poloneck with a leather skirt. We love, Lilah!



£149
LINDEX

£14.99
LINDEX



£60
SIMPLY BE

JAMEELA JAMIL

See ya, little black dress! We're taking a leaf out of Jameela's book and swapping you for a little blue dress – the best way to add a pop of colour to your wardrobe this season.

KENDALL JENNER

Kendall looks like a movie siren in the back of a car in Paris at the end of Fashion Week. Steal her style in this jumpsuit, a snip at £50.



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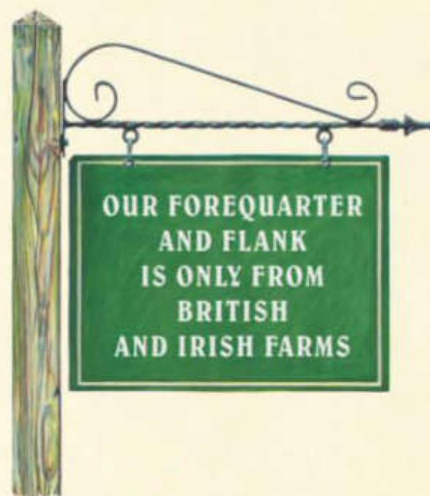
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Kim's first week as First Lady!

So serious is Kanye West about becoming US President that the Wests are already making plans for their time in the White House. But what will their first few days look like? Now knows...





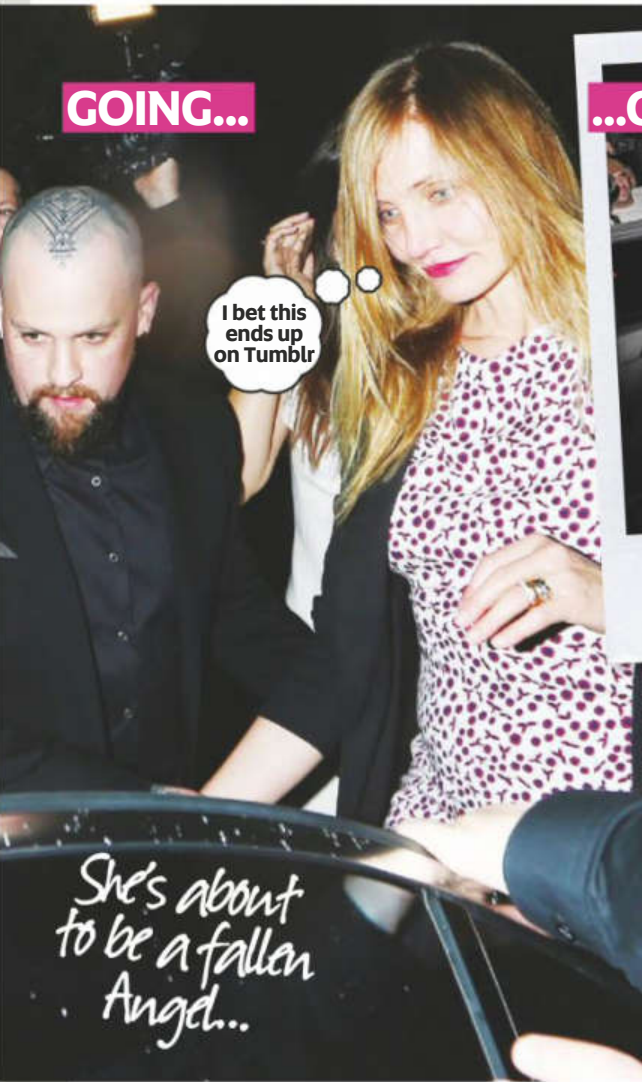
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Hollywood

The hottest news from over there is in here

Now



GOING...

I bet this ends up on Tumblr

She's about to be a fallen Angel...



...GOING...



...GONE

Cameron's CAR FAIL

It's not often that it rains in LA, so you could forgive Cameron Diaz for being a little unsteady on her feet given the treacherous weather conditions. But if we were handing out awards for spectacular falls, Cammie would definitely be in line for a gong. After leaving The Nice Guy bar with

her heavily tattooed hubby Benji Madden, Cameron, 43, slipped on her way to the car and ended up on her knees. Luckily, 36-year old Benji was on hand to scoop his wife back onto her feet again, but that didn't stop a very sheepish-looking Cam trying desperately to style it out at the back of the car. We feel for you, Cammie!



This was for my best ever roll

Visitors to Kate's bathroom always leave flushed with success

Kate keeps her Oscar in the loo

It's one of the greatest accolades an actor can achieve in their career, so most people who win an Oscar want to display it in pride of place. But not Kate Winslet. She keeps the statue she won for her role in the 2008 film *The Reader* in her bathroom. But she's revealed that the reason she keeps it in the loo is to give everyone their chance to have their Oscar moment!

Kate, 40, explains: "The whole point is for everybody to pick it up and go: 'I'd like to thank my son and my dad' — and you can always tell when someone has because they're in there a little bit longer after they've flushed. They'll come out looking slightly pink-cheeked. It's hysterical! We just hope they wash their hands first!"

TURN FOR MORE ➡



good to know

mcdonalds.co.uk/good-to-know

Now

Sandra adopts a baby girl

Sandra Bullock has reportedly become a mum again after adopting a baby girl. The 51-year-old actress already has a five-year-old son Louis, who she adopted in New Orleans in 2010.

Sandra recently moved her new boyfriend, 49-year-old photographer and model Bryan Randall, into her home in Beverly Hills. A source says: 'She had the paperwork ready to adopt another child but really wanted to do it with the right man. Bryan's checking every box so far.'



Is The Proposal next for Sandra and Bryan?

The Fresh Prince is back!



Will shakes the room with Bomba Estéreo

HE'S THE DJ, I'M THE RAPPER

Will's second album with DJ Jazzy Jeff was huge in 1988 and

helped win him his TV series *The Fresh Prince Of Bel-Air*.

SUMMERTIME This 1991 hot-weather anthem is still a classic song and a big radio hit every summer.

MEN IN BLACK The song behind the box-office smash of the same name was a worldwide hit in 1997.

After a 10-year break from the music industry, Will Smith's making an incredible comeback. And instead of providing the soundtrack for his latest blockbuster film, his new tune is a pumping party track he's collaborated on with Colombian band Bomba Estéreo. The song, called *Fiesta*, is the 47-year-old's first single since 2005, so let's look back at some of his musical moments in our handy guide...

5 Second Stories

I can't believe what I just said



Justin spills the beans

In what might be a first, Justin Bieber, 21, has said something sensible. Talking about his relationship with Selena Gomez, 23, he admitted they may have been a little too full-on. 'I moved in with my girlfriend when I was 18. We were all about each other,' he said. 'But when it's like that and you get your value from that, people will always disappoint you.' Wow!

Conscious uncoupling is a thing

Gwyneth Paltrow's website Goop is promoting a book that advises couples about conscious uncoupling. Gwynnie, 43, used the term to describe her split from Chris Martin in 2014 and *Conscious Uncoupling: 5 Steps to Living Happily Ever After* by Katherine Woodward Thomas reveals how it's done.



Kover girls

The Kardashians have united to appear on the cover of the latest edition of US *Cosmopolitan* to mark the magazine's 50th anniversary. Anyone who watches *KUWTK* will have witnessed the drama that went down in getting them all to pose together in one shot, but the results certainly look worth it.



Charlotte reveals: 'I'm havin' a nose job January!'

Charlotte Crosby is a total fitspiration. After dropping 3st in just seven months last year, the *Geordie Shore* star is still rocking a trim and toned size 6 body – often sharing selfies on social media – which she puts down to her bestselling fitness DVD – the *biggest-selling* fitness DVD of the last 15 years!

Today, Charlotte, 25, tells Now she's totally loved up with *Love Island*'s gorgeous Max Morley, 22. The pair only met last month but Char's already met the family! Now caught up with the *Geordie* lass to hear *all* the goss and her surgery plans...

Hi Charlotte how are you?

I'm good, thanks.

You look great! You've proved it's possible to lose weight and keep it off. What size are you?

I'm a 6-8.

Don't you have days where you just can't be bothered with healthy eating and working out?

Of course. Everyone has days like that. It was only at the weekend

I was having McDonald's. But when you exercise and you eat healthy more often than you eat junk, you can get away with it.

But is it an ongoing struggle to maintain your weight?

You just have to try to not let it get into a mental thing. You have to think to yourself: 'I'm going to fluctuate in weight,' like you go between wanting long nails then short nails. Everything changes – you're a human being. Once you've got that in your head you don't let it bother you. I know that when I go into the *Geordie Shore* house I'm going to go wild for six weeks and I might put on two or

three pounds, but I'm not going to let it get us down because it'll come off when I get out.

Talk us through your daily diet...

I have scrambled egg in the morning with bacon and I use three eggs. For lunch I'll have a tuna salad and dinner is a chicken stir-fry or steak with veg and sweet potato.

OK, but is there any guilty pleasure food you can't live without?

McDonald's. I used to get a Big Mac meal but now I like a Quarter Pounder meal with

chicken nuggets and chips. I eat it every couple of weeks.

Have you quit the booze too?

I recently went to Ibiza so I must have put away some units there! My drinking habits, to be honest, haven't changed. But it's not every single night. I might go out once on the weekend.

'PEOPLE LIKE THAT NEED A SLAP'

Are there ever days when you're hungry but you just don't eat?

No, I'd never let myself

get like that. If someone said to me: 'My worst fear is putting on weight,' I'd have to slap them and say: 'Are you f***ing for real?' There's poverty around the world and people dying and they're worried about putting on weight. People like that need a slap and I'll gladly give it to them!

Recently, there's been a huge rise in body shaming of celebs for being too fat or too thin – Cheryl Fernandez-Versini being the latest victim for being skinny. Do you feel sorry for her?

I honestly don't think Cheryl even cares what people think of

TURN FOR MORE ➔

2012

Charlotte (left) with the *Geordie Shore* gang



THE
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Another
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Geordie Shore's
Charlotte Crosby talks
fat-shaming, babies
and new man Max

2015

'I LOVE A
QUARTER
POUNDER
MEAL'

2011

Looking like a
whole different
woman with
her ex Gaz

her. When I got it, it didn't get us down, I didn't cry at night, I was just like: 'Right, OK.'

Were you happy bigger, though?

I was happy being both. I'm more confident now. I'm happy no matter what size I am.

How do you show off your body confidence?

The way I dress, going out and speaking to boys. I never dressed sexy [when I was bigger]. I always put myself down in the boy department. I wasn't the one who'd go out on dates.

Did you ever compare yourself to Vicky Pattison and the other Geordie Shore housemates?

Yeah, I did because they all had a lot of confidence and they knew how to flirt. I just felt like I was the funny fat one.

You've spoken about cosmetic surgery before – what are your thoughts now?

I'll definitely have a nose job because I've got a hook there. When I was younger I had shit teeth. The first thing me mam did was put a brace on me. Your nose is part of your face and I don't like it so I'm going to change it.

Have you been for a consultation?

I've haven't booked it yet because I'm still deciding which surgeon but yes, I've had a consultation. I'll get it done in January. I just want it straightened. It's confidence – when you're always on camera and you see your side profile, it's not nice. I look at myself and think: 'Urgh, it's disgusting!'

2014

Last June, before her bestselling fitness DVD

2015

The new slimmed-down Charlotte in January

'I FELT I WAS THE FAT, FUNNY ONE'

The highs and lows of love

Charlotte's turbulent romantic life has kept us entertained over the last few years



Gaz

Charlotte and Gaz's roller-coaster romance kicked off in 2011. Gaz, 27, wouldn't commit, so she pulled a male model in front of him.



Mitch

In 2013 Charlotte was sure property developer Mitch Jenkins was the real deal. At least until he dumped her by text in August 2014.

After her split with Mitch, Charlotte rekindled her romance with Gaz. All seemed drama-free until Gaz chose to date model Lillie Gregg instead.



Gaz (again)



Mitch (again)

She loves a revisit, so Char got back with Mitch in January. She even had a tattoo of his initials, but the pair split again in August.



Max

Bouncing back from her break-up with Mitch, Charlotte started dating Love Island winner Max Morley – a real upgrade in her eyes. The pair have whacked the exclusive label on themselves, with Charlotte even meeting his parents. Ooohh!

What's the lowest you've ever been over your nose?

I never cry. I don't get like that. It just aggravates us, that's it.

With your newfound confidence it's no wonder you've bagged yourself a gorgeous new man with Max. What's happening?

We met a month ago – we didn't have sex the first night. But I'm seeing a lot of him now. I'm very excited. At the same time I don't want to jump into a relationship because I've just come out of one. And I've got a very busy life. But he's so handsome!

So do you sex?

It was really respectful at first but then it got a little bit rude...

Could you see him as your boyfriend when you're ready to settle down again?

I think Max would be an amazing boyfriend. He'd be husband material, not just boyfriend material. He's just unreal. He's the definition of dreamy. He's such a gentleman.

If things progressed, would you consider living together?

No, I can't talk like that!

It's early days, obviously, but have you thought about when you'd like to start a family?

I want to be 30 when I have kids.

Have you ever had a pregnancy scare?

Never. I've always been really good. I've been on the Pill for a long time and I was using the coil for a while. It was so painful I got it taken out. I wanted it so I wouldn't forget, and I'm not good with needles, but it was the worst pain of my life.

Would you consider adoption if you struggled to have kids?

Yes. I wouldn't rule anything out if I had problems.

What about your ex Mitch Jenkins – do you still speak?

No, he won't speak to us. I don't know why. Obviously I got pictured with Max so that's when we stopped talking altogether.

Do you feel bad?

Nah. You shouldn't keep on talking to your ex when you need to move on.

We saw you on Through The Keyhole and you were still living at your parents', but you said you were looking to move out...

I've put an offer in for a house and I'm waiting to hear about that, so fingers crossed. But just living alone, not with Max. And it's next to me mam and dad's.

Has Max met your family?

He's met my friends. But no, he's not met my family. When I was with Mitch, I didn't meet his family and he didn't meet mine until we were together for three months. Being part of Geordie Shore, before you introduce yourself to people you need to know its going to last.

So you haven't met Max's family?

I met his family last night! I went to his and he still lives there with them. They were so lovely. I was really nervous because I'm not the sort of girl you bring home to introduce to your parents. But he was like: 'Don't be so stupid.'

Do you pinch yourself about Max?

Yes! He's so f***ing unbelievably gorgeous!

If you could chose between Max and Gaz Beadle, who would it be?

Max is better looking than Gary. I'm not talking about their willies!

Was Gary your first love?

No, he wasn't. He was just something that went on a bit too long. Me and Gary will always be really good friends.

Have your relationships with Mitch and Gary made you realise what you want from a man?

Yeah, because Mitch didn't want to be involved in that side of my life. He made it so hard for us. So I

**I WANT
TO BE 30
WHEN
I HAVE
KIDS'**

want someone who's going to be there for us, support us and really be there for us.

And Max is showing those signs?

Well, it's only been a month!

What if you found out he was on a dating app like Tinder?

I wouldn't be bothered. If he was asked to go on Ex On The Beach, I'd say: 'That's fine, go and do your thing – but I'll come out the water and kill everyone.' Only kidding!

Geordie Shore returns to MTV at 10pm on 20 October



2015

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strides out in
Ibiza last month**

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Kate Upton **23** 'I'm not going to starve!'

SIZE: 12

WEIGHT: 10st 7lb

HEIGHT: 5ft 10in

Supermodel Kate's famous for her curves. 'If I can help girls going through body image issues, I think that's amazing,' she says. 'I'm not going to starve just to be thin. I want to enjoy life.'

She follows a healthy diet with scrambled eggs (one white, one whole), spinach and green tea for breakfast; quinoa with herb-crusted grilled chicken and grilled veg for lunch; and sashimi or a kale salad with grilled salmon and cashews for dinner. Working with celebrity trainer David Kirsch, Kate does intense circuit training consisting of lunges, kickboxing, skipping and weightlifting.

Vicky Pattison **27** 'Exercise is boring'

SIZE: 6-8 **WEIGHT:** 8st 4lb

HEIGHT: 5ft 6in

Having slimmed from a size 16 to a 6 last year and released her DVD 7 Day Slim, Vicky advises: 'Aim to eat well 100 per cent of the time and you'll hit about 80 per cent. Set realistic goals. Exercise is boring. I'd rather smash 20 minutes hard in the morning, then leave it and feel good.'

Her diet secret? 'Have snacks in your bag,' she says. 'Blueberries and raspberries are low in sugar and calories. It's just habit, picking something up and putting it in my mouth, so I try to think of healthy alternatives.'



Georgia May Foote **24** 'I still enjoy a bacon buttie'

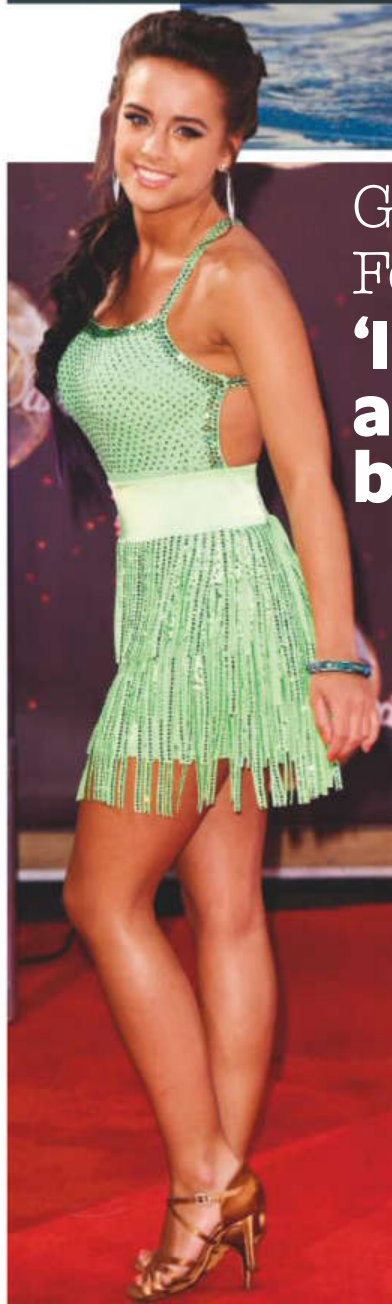
SIZE: 8 **WEIGHT:** 8st

HEIGHT: 5ft 1in

Georgia hits the gym four times a week, but also treats herself. 'I do Body Pump classes or weights and cardio. But I still enjoy a bacon buttie at weekends,' she admits.

'I have quite a high-protein diet. I might have eggs in the morning and chicken salad for dinner. I make a smoothie every morning with strawberries, blueberries, raspberries, manuka honey, spinach and kale.'

She's currently burning major calories on Strictly. 'I'm getting more toned, but when you're dancing 10 hours a day it's going to happen!' she says.



**We want
YOUR BODY!**

Ellie Goulding **28**
**'Eating well
has changed
my body'**

SIZE: 10 **WEIGHT:** 8st 8lb
HEIGHT: 5ft 5in

Ellie's been vegan since 2014 and enjoys meals such as tofu scramble and sweetcorn, broad bean burgers and kale juices. 'I'm a bit more confident with my body,' she says. 'I put it down to eating amazingly well.'

She's recently reduced her intensive exercise regime after learning she has a heart defect. But her trainer Faisal Abdalla recommends the 'six touch plank', which involves getting into a push-up position, lifting one hand off the floor and touching the opposite shoulder, for killer abs.

Michelle Keegan **28**
**'I don't
believe
in diets'**

SIZE: 8 **WEIGHT:** 8st 5lb
HEIGHT: 5ft 4in

The actress works hard to maintain her figure, but her motto is everything in moderation. 'I don't believe in diets - you should allow yourself a little of everything,' she says. 'I try to go to the gym as much as I can. It could be three times a week, but I don't punish myself if I don't go.'

As for her diet, Michelle has used alkaline meal delivery company Soulmatefood and its cookbook *Fitness Gourmet*. But she still has her diet downfalls. 'I love Super Noodles with mayo,' she admits. 'I love my carbs!'



30s



Caroline
Flack **35**

**'I never
weigh
myself'**

SIZE: 10

WEIGHT: Unknown

HEIGHT: 5ft 4in

Cazza became famous for her legs after winning *Strictly*, but she admits: 'I never weigh myself. I ditched the scales because you become obsessed.'

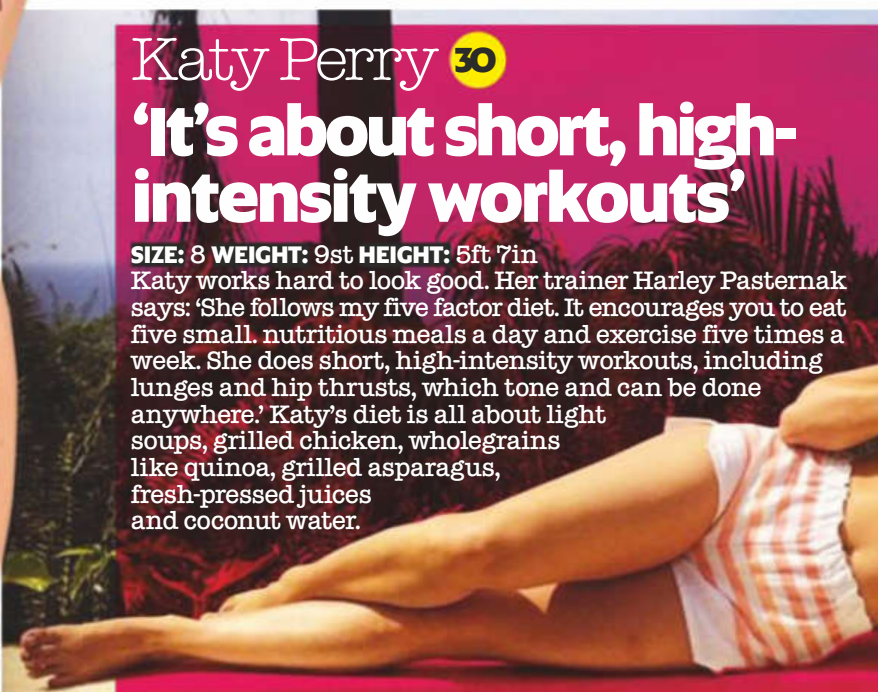
With a healthy attitude to staying in shape, she believes it all comes down to working out rather than dieting. 'The best advice is to exercise, then you can eat what you want,' she says. 'I do Pilates a couple of times a week, but I'm still a foodie. Pasta, bread and potatoes are like heaven.'



Katy Perry **30**

'It's about short, high-intensity workouts'

SIZE: 8 **WEIGHT:** 9st **HEIGHT:** 5ft 7in



Katy works hard to look good. Her trainer Harley Pasternak says: 'She follows my five factor diet. It encourages you to eat five small, nutritious meals a day and exercise five times a week. She does short, high-intensity workouts, including lunges and hip thrusts, which tone and can be done anywhere.' Katy's diet is all about light soups, grilled chicken, wholegrains like quinoa, grilled asparagus, fresh-pressed juices and coconut water.

Kym Marsh 39

'I'm in the best shape of my life'

SIZE: 8
WEIGHT: 8st 10lb
HEIGHT: 5ft 4in
Coronation Street star Kym says 'men like womanly curves' and doesn't want to be stick thin. 'I do feel like I'm in better shape now than I've ever been,' she said recently. 'I fell off the wagon with exercise for a while, but never again.'

Kym has ditched grains, sugar, dairy, potatoes and processed foods in the past and she admits that her weaknesses were always pizza, pasta and chocolate. 'A healthy lifestyle can make you feel so much better – even if it's the last thing you feel like doing,' she says. 'It's all about eating well and exercising regularly.'



Nicole Scherzinger 37

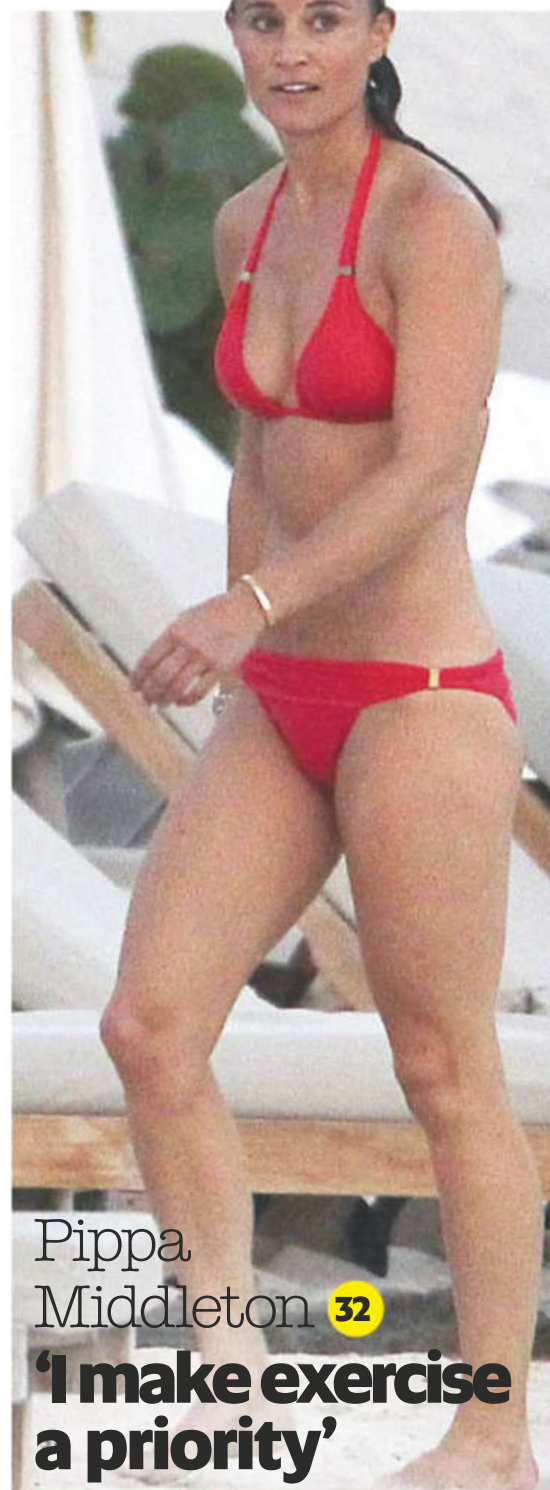
'My weight fluctuates'

SIZE: 8
WEIGHT: 8st 5lb
HEIGHT: 5ft 5in
She might have lost weight recently, but Nicole says: 'I'm like any woman – my weight fluctuates up and down. I have good days and bad days. For many years I worked out every single day, but now I'm in my thirties it's like pulling teeth. I gotta make myself work out – you need to find that balance.'

When she isn't taking a class at SoulCycle in LA or doing Bikram yoga, Nicole's a real foodie. 'I love making pasta because it's easy. I make a mean cheese plait, great chicken fajitas and teriyaki chicken with vegetables,' she reveals.



We want YOUR BODY!



Pippa Middleton 32

'I make exercise a priority'

SIZE: 6 **WEIGHT:** 8st 3lb
HEIGHT: 5ft 5in
She claims she doesn't follow any diets and has never 'exercised religiously', so what's Pippa's secret? 'If I fit in at least three sessions of exercise a week – a 30 minute run, an hour's walk or a game of tennis – it boosts my mood and energy and helps me sleep and digest better. So I make it a priority,' she says. 'Good health is about moderation, so I still enjoy chocolate, crisps and the occasional glass of wine.'

TURN FOR MORE ➡



40s

Jennifer
Aniston **46**

**'I work out
almost
every day'**

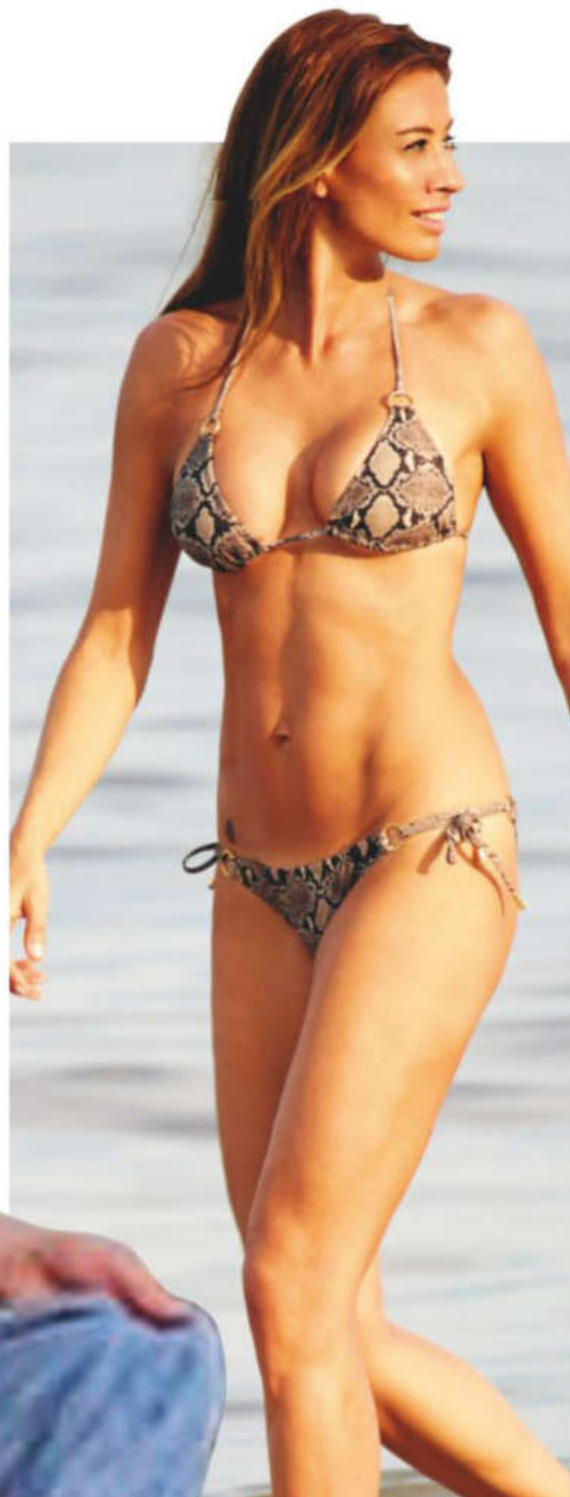
SIZE: 8

WEIGHT: 8st 7lb

HEIGHT: 5ft 5in

Jen admits to putting on a little weight after her wedding to Justin Theroux, but she's still in seriously good shape. 'I stick to a low-carb, gluten-free diet with lots of protein and vegetables,' she says. 'I love brown rice bread – it's really good for you. Just put a little coconut oil and sea salt on top. Delicious. On Sundays I eat whatever I want.'

'My workouts are usually an hour to an hour and a half, four to five times a week. But if I don't have much time I just go hard for 30 minutes without stopping. I'll do 10 minutes of cardio, then circuits. Three sets of three exercises – lunges, squats and push-ups.'



Melanie Sykes **45**
**'I eat a little bit
of what I fancy'**

SIZE: 8 **WEIGHT:** 8st 9lb **HEIGHT:** 5ft 9in

Mel vowed to get fit before turning 40 – now she trains three times a week and follows a super-healthy diet. 'I do a lot of cardio. I don't run – I go on the bike, maybe for half an hour,' says Mel, who doesn't 'really like to be thin'.

She doesn't have a sweet tooth, but sometimes enjoys a 'glass or two of wine'. She also follows a low-GI diet of vegetables, nuts and seeds. 'I don't overindulge on desserts. I eat a little bit of what I fancy, when I want,' she says.

'Anyone can get fit. If I can, anyone can.'

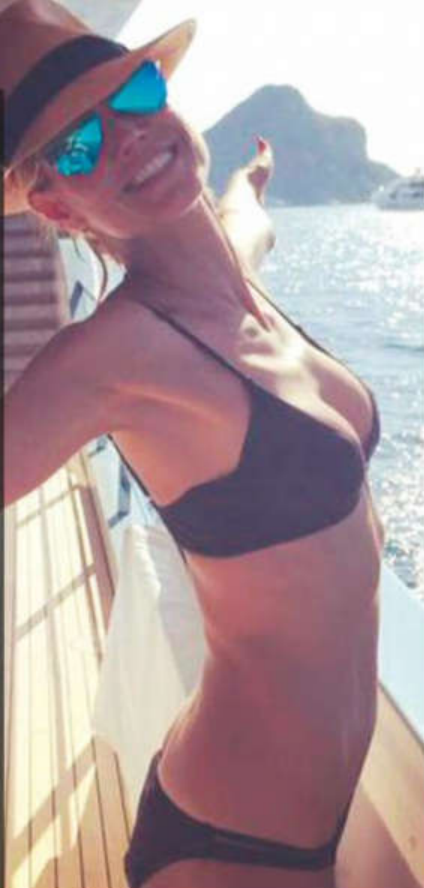


Heidi Klum **42**

'I choose not to eat pasta'

SIZE: 8 **WEIGHT:** 9st
HEIGHT: 5ft 9in

Supermodel Heidi takes a relaxed approach to staying in shape. 'I try to incorporate exercise into my daily life,' she says. 'Sometimes I jump on the trampoline with my kids or take a hike with my dogs. If I indulge more, I have to exercise more. I'll eat everything but pasta and bread. Do I want the pasta? I do. But I choose not to eat it.'



Davina McCall **46**

'Fad diets mess you up'

SIZE: 10-12
WEIGHT: 9st 9lb
HEIGHT: 5st 7in

Davina gave up sugar this year, saying: 'I was a slave to it. Stop eating added sugar and you stop mood swings, bad skin and weight gain.'

Davina's also all about healthy eating 'Fad diets totally mess up your metabolism,' she says. 'My weight yo-yos a lot, so I have to be really vigilant with food and exercise.' She has an omelette with spinach and ricotta for breakfast; chicken and mushroom noodle soup for lunch; and creamy mushroom and quinoa risotto for dinner.



**We want
YOUR BODY!**



Jennifer Lopez **46**

'I sometimes make myself go to the gym'

SIZE: 6 **WEIGHT:** 9st **HEIGHT:** 5ft 5in

Together with regular cardio workouts based on celebrity personal trainer Tracy Anderson's routines, Jennifer's very disciplined when it comes to her diet. Not only is she a fan of sugar- and salt-free food, she also doesn't drink alcohol and admits to being a 'big portion control person'. She dropped 10lb and a dress size last year thanks to a strict vegan diet and daily six-hour dance workouts. 'Sometimes when I get home and I'm not feeling so great I make myself go to the gym,' she says. 'I work out, but I'm not as much of a fanatic as I used to be. And, funnily enough, I feel like I'm in better shape now.'

TURN FOR MORE ➡➡

50s



Sarah Jessica Parker **50**

'It's all about being healthy'

SIZE: 8 **WEIGHT:** 8st 8lb **HEIGHT:** 5ft 4in
The SATC star looks incredible, but isn't a fan of working out. 'I work out for 22 minutes – that's all I can bear,' says SJP, who loves walking, cycling and yoga. 'Women should be reminded to be healthy rather than a size 0,' she says.

To get SJP's killer arms, try this exercise introduced to her by trainer Marc Santa Maria, who says: 'Get into push-up position and face your friend. Slap right hands, then left, and finish by doing a push-up. Repeat 10 times.'

The actress has been known to follow the Hamptons Diet, which includes lean meats, healthy fats and limited carbs. 'But I love to eat,' she says.

**We want
YOUR BODY!**



Elle Macpherson **51**
'I schedule workouts in my diary'

SIZE: 8
WEIGHT: 9st 7lb
HEIGHT: 5ft 11in

When it comes to working out, there aren't many stars who take it as seriously as Elle. The supermodel has revealed: 'I schedule exercise into my diary just like I would with an important meeting. One day I'll spin, the next I'll do Pilates.'

Some of her diet secrets include drinking a litre of water and lemon juice before the school run, quinoa or kale salad for lunch, fish for dinner and peanut butter on toast. Elle's also said: 'I eat vegetables, fruits, lean protein and a little bit of dark chocolate.' And, of course she swears by her Super Elixir Nourishing Protein Powder, which is reported to make the body more alkaline.



Denise Welch **57**
'I won't comfort eat again'

SIZE: 10 **WEIGHT:** 9st **HEIGHT:** 5ft 4in
Denise managed to lose 2st with the help of LighterLife in 2013. She's revealed: 'I find it helps to ask myself: "Are you really hungry or are you just fed up, tired or stressed?" This helps me catch myself from falling into unhelpful eating patterns again.'

She quit alcohol and has maintained the weight loss. 'I enjoy treats in moderation without feeling racked with guilt or slipping into comfort eating again. It's all about balance,' she says. 'It's the same with exercise – sometimes I love the gym and other times I have to be dragged there.'



GEORDIE SHORE:
THE GREEK
ODYSSEY
NEXT TUESDAY 10PM

#GEORDIESHORE SKY 126 VIRGIN 134

BLONDES HAVE MORE FUN

Who knew Britney
Spears and Kate Hudson
were friends?!



BABY BLUE

Helen Flanagan
shows she's a
glammy mummy
as she poses
with her gorgeous
daughter
Matilda.



ARGH!

Bright pink
hair, a massive
sandwich and
a topless Jared
Leto - we're
not sure what
to focus on!



ODE TO THE COW.

THE HARSH ELEMENTS EFFORTLESSLY WITHSTOOD.
THE GREEN POWER THAT DOES SO MUCH GOOD.
THE CHEDDAR'S SWEET, NUTTY, ROUNDED FLAVOUR.
THE MANY SHINY AWARDS WE'LL ALWAYS SAVOUR.
THE LUSH, SOMERSET PASTURES YOU LOVE TO CHEW.
SO WE CAN BE AT ONE WITH NATURE. JUST LIKE YOU.



MADE FROM NATURE BY NATURE.

WYKEFARMS.COM

Instapix of the week

Fun, filtered and far too revealing
– the lives of the stars
on social media



**BAE
WATCH**
Well, if all else
fails Serena
Williams can always
quit playing
professional tennis
to become a
Baywatch
babe.



RED HOT!
We wish we
could just
hop into
an infrared
sauna
when we
were ill, like
Gwyneth
Paltrow.



FUR REAL LOVE

Taylor Swift
loves her cats
Meredith and
Olivia – this
is Meredith,
who's 'allergic
to joy,'
according to
Tay – so much
she's got
cardboard
cut-outs of
them to hug
when they
can't come
on tour!



LIKE MOTHER, LIKE DAUGHTER

Making a point,
Kris Jenner?
So much for
Kris stealing
daughter Kim
Kardashian's
fashion style
– here's proof
that Kim likes
her momager's
wardrobe too.

Words: Amy Lo

11 things you didn't know about

Hugh Jackman

'As a teen, I had Wolverine rage'

The Pan star beat his anger issues to become an award-winning actor

Raised by his father

When Hugh, now 47, was eight years old he got home from school one day to find his mother Grace had returned to her home country of England. Hugh's said: 'When I came home I knew Mum had left. I just had a funny feeling in the house.' Hugh and his four older siblings were raised by his father Christopher. In 2012, an emotional Hugh revealed: 'My father's my rock. It's where I learnt everything about loyalty, dependability, being there day in, day out, no matter what.' The pair even look alike, judging by the

photo Hugh shared on his Instagram in August.

Anger issues

Hugh blames his mum's departure for the feelings of rage he experienced as a young teen, although he's since made amends with her. 'My anger didn't really surface until I was 12 or 13,' he's said. 'It was triggered because my parents were going to get reconciled and didn't.' Hugh also added that while playing rugby his anger would 'come out'. He explains: '[It was] rage

'I DON'T BELIEVE I'M A SEX SYMBOL'



'When I was 18 no one said I was the sexiest man alive,' says Hugh



His dad Christopher has taught him the importance of family



Schoolboy footballer Hugh strikes a pose



With his son Oscar, daughter Ava and wife Deborra-Lee in 2013



Hugh in beserker mode as Wolverine



Animal lover Hugh with Allegra

Bandaged at the X-Men: Days Of Future Past premiere in 2014

I identify as Wolverine rage.' He should know exactly what that is, having played bestial mutant Wolverine a whopping *seven* times in the X-Men film franchise.

Family man

Hugh reckons his dad instilled a family-comes-first mentality in him. He married actress Deborra-Lee Furness, now 59, in 1996 and the couple hoped to have children. But after Deborra-Lee suffered two devastating miscarriages, they decided to adopt a son Oscar, now 15, in 2000 and a daughter Ava, now nine, in 2004. Hugh's described adopting as 'the best thing ever'.

He's had four skin cancers removed

In 2013, Hugh revealed he'd had a basal-cell carcinoma – one of the most common forms of skin cancer – removed from his nose. He had a second carcinoma removed the following year and attended the premiere of X-Men: Days Of Future Past with a bandage covering the scar. Hugh's

said: 'I go every three months for check-ups. My doctor says I'll likely have more and if that's your cross to bear in life, you should be so lucky.' He's since had another skin cancer removed from his nose and one from his shoulder.

Heart of gold

He's not just a pretty face! Hugh's actively supported dozens of charities, including the Red Cross and the Elton John AIDS Foundation. In 2009, he Tweeted that he'd donate £66,000 to one individual's favourite non-profit organisation.

Award winner

As well as winning a Golden Globe and an Emmy, Hugh was named People magazine's Sexiest Man Alive in 2008. But he's admitted: 'I've never believed the sex symbol thing. When I was 18 no one said: "Whooh, he's the sexiest man alive." Why doesn't

that happen when you really need it, like in your twenties, not when you've been married for nearly 20 years?'

Bad eyesight

He may be a sight for sore eyes, but Hugh's own eyesight is pretty poor. He's admitted he can't even read restaurant menus without contact lenses. He does look great in a pair of specs, though!

He has a dragon

OK, it's not the fire-breathing sort, but Hugh owns a bearded dragon called Da Vinci. He also has a French bulldog, Dali, and a poodle-mix pup called Allegra.

He's a lefty!

Being left-handed, Hugh's supposedly more prone

to migraines, better at multitasking and more likely to have allergies. Who knew?

He's a good singer

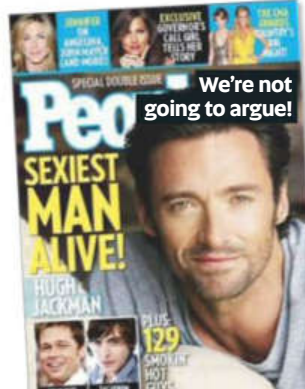
In 2006, Hugh sang at Nicole Kidman and Keith Urban's wedding ceremony in Sydney. 'Nicole asked me to sing Keith's favourite song Tenterfield Saddler, which is one of my favourite songs as well,' Hugh revealed. 'It was probably the most romantic and beautiful wedding I've been to.'

He adores George Clooney

Hugh recently revealed if he were a woman he'd want to date George Clooney. 'He's funny, he's naughty and he's kind of cheeky. And he just looks like fun,' admitted Hugh, who shared a video of his revelation on Twitter with the caption: 'PS, sorry, Amal.'

Pan is at cinemas from 16 October

'GEORGE CLOONEY IS KIND OF CHEEKY'



#WHAT'S

Freending

Cheat your way through the next seven days with Now's week in chic

NOW



PANDORA SYKES

ON DEMAND

KNEES UP

LK Bennett's mulberry-coloured Keri boot was initially meant to be an online exclusive, but overwhelming interest has forced the retailer to quadruple the order and drop them into store, too. Just you wait until K-Middy gets her eye on them. Oh, hi there, sudden irrational shopping panic...

TRENDING NOW

SHEEP IS IN

Cripes! According to a ShopStyle.co.uk survey, searches for shearling coats have risen by a whopping 300 per cent since October 2014. Now, we're no mathletes but we do know that's a lorra señoritas shopping for sheepskin!



MOST HEARTS



£20 EACH
ALL GEORGE
AT ASDA

AVAILABLE
IN FOUR
COLOURS

**ONE
LIKES**

PLIPPERS

Speaking of shoes (we probably were) have you noticed that the UK's second favourite Pip – after Schofield, obvs – is bringing slipper shoes back? Middle-Middleton has given French brand Chatelles her royal-ish stamp of approval, stepping out in a racy pair of leopard print pumps complete with tassels. Pretty sexy stuff, as far as slippers are concerned. Bravo, Pip.



PIPPA
MIDDLETON



£150
MYCHATELLES.COM

£24
TOPSHOP

SPEND



BUY GEORGE, THEY'VE GOT IT!

Genius George at Asda has designed its first slimming dress, which promises built-in support to rival even the most effective control underwear. Not only does this mean hel-lo dream shape, it'll shave loads off our getting ready time, too. 'We found 73 per cent of women worry about the appearance of their tummies and a third confessed to wearing control pants on a daily basis. This dress made perfect sense,' says a spokesperson. We couldn't agree more.

ALEXA
CHUNG



£48
OASIS

**COULD BE
CATWALK**

VELVET GOLDMINE

Top marks go to Oasis this week for creating this body-loving velvet shift dress that looks designer, much like Ms Chung's, but costs a helluva lot less. Now, Alexa, wanna lend us your shoes, too?



TAKE YOUR HAIR TO PARADISE



CLAIROL



Herbal
Essences



HOT HAIR

THE NEW BLONDE

Laterz bronde, there's a new trend in tahn called boyish blonde. It's not as catchy but it sure is cool. 'Think Moss in the 90s,' says creative colour director Sibi Bolan at Daniel Hersheson. 'It's blonde that's dirty, not glossy, or browns without warmth.' Yeah, you had us at Moss.



KATE MOSS

#MYMANI

Insta**GLAM**

FROM £12
URBAN RETREAT
CUSTOM PRE-PRINTED
NAILS, URBANRETREAT.
CO.UK/BEAUTIQUE



Urban Retreat has answered prayers we didn't even know we were making with its bespoke stick-on nails.

See Now Style Director @GillyFerg's mani masterclass on Instagram @Nowmag.

#WHAT'S Trending NOW

BEAUTY

bestsellers

Buys that have been driving the beauty world berserk

NO 1

Meet the UK's bestselling brush, by BareMinerals



£24
BAREMINERALS
PERFECTING
FACE BRUSH

HAPPY B-DAY!

The very first micellar water – and Scarlett Johansson's fave – is celebrating its 20th birthday, cementing its place in the top spot. Surely this calls for bubbles – sparkling water at least?



£10.20
BIODERMA
SENSIBIO
H2O

YOU BEAUTY!

120 DIFFERENT FOUNDATIONS

AND 43 LIPSTICKS

=
5,000

perfect No7 foundation and lipstick combinations available for women in the UK

No 7 has released stats that show it's never been easier to find your perfect make-up match. Find your fit at Boots nationwide – search Match Made at boots.com.



£9
NO7 POWDER
BLUSHER IN
PLUM VELVET



£16.50
NO7 AIRBRUSH
AWAY
FOUNDATION

FEELING SOCIAL-ABLE?

Let us know what's topping your #WhatsTrendingNow wishlist at:



@NowMag

NowMagazineOnline

Words and styling: Gilly Ferguson. Photos: Xposure

The drape blouse

Bust or no bust, the loose fabric around your chest will be flattering no matter what your size. At last, no more of that embarrassing shirt gap when you're talking to your boss!



£34
RIVER ISLAND



£32
RIVER ISLAND



£39.50
OLIVER BONAS



£28
RIVER ISLAND



£36
RIVER ISLAND



£32
RIVER ISLAND



MEL C

12 PIECES THAT I EVERY

The body-con dress

Scared of figure-huggers? Don't be! Pick a dress made of thick material — instead of clinging to your curves, it'll glide over them in a Beyoncé-esque fashion. Opt for a design that bunches at the waist to cover a less toned tum.



£45
WALLIS



£35
JD WILLIAMS.
CO.UK



£25
SIMPLY BE

Sizes
12-32

Sizes
8-24



KIMBERLEY
WALSH

The tapered trouser

Snug and chic, these clever trews make legs look extra-slender *and* they're seriously cool. Team with heels to avoid looking sloppy 9-5 or go comfy and just add sneakers. Probably on Sundays.



£20
EVANS



£35
RIVER
ISLAND



£35
TOPSHOP



ANNA
RICHARDSON

OF CLOTHING LOOK GOOD ON BODY

Whatever your shape or size, you can't fail with these figure-flattering items



KIM
KARDASHIAN

The cropped jacket

Can a cover-up make your outfit look instantly Instagrammable? Ya-huh, honey! This shorter coat nips you in and whittles down waists in an instant.



£45
GLAMOROUS.
COM



£62
SISTER
JANE



£45
TOPSHOP



£65
RIVER
ISLAND



EMILY RATAJKOWSKI

The pencil skirt

If we've learnt one thing from the Kardashians, it'd be that a pencil skirt is a great way to accentuate your curves! But it *also* happens to be brilliant at creating curves on boyish figures. Smart skirt, that one



£58
PEOPLE
TREE



£16
F&F AT
TESCO



£24.99
H&M



£18
MATALAN

The skater

Rejoice, curvaceous ladies – this skirt shape is the one for you! The higher waist skims over your tum and the volume slims hips and pins.



Sizes
12-32

£28
SIMPLY BE



£35
RIVER
ISLAND



£60
RIVER
ISLAND



£19.99
NEW
LOOK



£33
GLAMOROUS.
COM



KELLY
BROOK

The shift dress

Low maintenance dressing at its best! Slip on a boxy style when you feel bloated and no one will be any the wiser. All-over patterns cover a multitude of sins.



The boyfriend jeans

You may think that boyfriend jeans are unflattering for those of us with junk in our trunk – nope! You just need to show off a little leg. Buy a cut that's cropped or roll your ends, then pair with heels.





Dress **£22** | Cardigan **£28** | Leather Boots **£65**

Shop the new collection in store and online. Search Tu clothing.

Available online and in selected stores. Subject to availability. Whilst stocks last.

Tu *only at*
Sainsbury's

In store | online | mobile

The colourful co-ord

A-ha! You clever little fashion thing, you – this middle-minimising wonder, especially when worn in a trouser/top combo, will give you extra length, slim your waist and give you huge fashion kudos.



LEONA LEWIS

Sizes
12-32



TOP **£35**
SKIRT **£30**
SIMPLY BE



JACKET **£50**
SKIRT **£65**
TOPSHOP



TOP **£55**
SKIRT **£49**
DARLING



Sizes
12-32

TOP **£35**
SKIRT **£35**
SIMPLY BE

The belted coat

Perfect for emphasising your waist, a trench or belted coat is your go-to coat. Larger lapels work better for those with a larger bust and double-breasted buttons work best on petite frames.



£89
LOOK
AGAIN.
CO.UK



£95
JDWILLIAMS.
CO.UK



£30
PRETTY
LITTLE
THING.
COM



£79
VERY.
CO.UK



£79
M&CO

NAOMI CAMPBELL





Jumper from £11 | Trousers from £10 | Cardigan from £12 | Skirt from £10

Shop the new collection in store and online. Search Tu clothing.

Available online and in selected stores. Subject to availability. Whilst stocks last.

Tu *only at*
Sainsbury's

in store | online | mobile

The jumpsuit

All hail our fave figure fixer for days when we feel bleurgh. This bad boy's basically a stylish version of a comfy onesie but makes your bod look banging.



AMBER
LE BON



£25
F&F AT
TESCO



£39.99
ZARA



£32
MOTEL



£29.99
ZARA



£89
MARKS &
SPENCER



£49
VERY.CO.UK

The midi

This season's hottest skirt style, it even works on petite shapes since there are no rules on where it lies on the leg. Tie in your waist with a belt, tuck in a cosy knit, throw on your heels and you're good to go.



£45
WALLIS

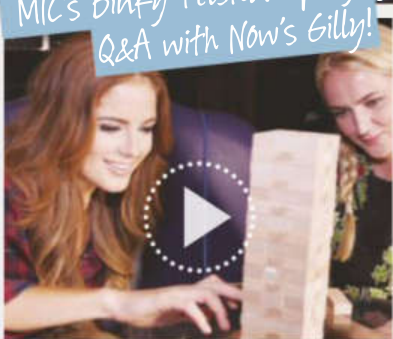


£39
JOY



SOLANGE

MLC's Binky Felstead plays Jenga
Q&A with Now's Gilly!



WATCH what happened
when Now met Binky at
[nowmagazine.co.uk/
tag/Binky-Felstead](http://nowmagazine.co.uk/tag/Binky-Felstead)



*'THIS IS MY
"RUNNING
INTO
AN EX"
DRESS'*

Binky

Why has the
world gone
bonkers for
Binks? Now
investigates
over a game
of Jenga,
as you do

DRESS
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The nky Effect

Say hi to Binky! Give Binky my love! Seriously, tell her I love her...' With a game of Jenga under the arm and a million messages from friends and family (plus one phone number, the saucepot) we set off to meet MIC's Binky Felstead (back on E4 at 9pm on 19 October, Binky fans!) to talk, well, fashion as she launches her first collection with InTheStyle.com. Fast forward 50 minutes and we've also covered curries, Josh 'JP' Patterson, spiders, sex, Spencer Matthews, Spencer Matthews having sex, and dancing – plus some style tips.

She's just lovely, is Binky. Try not to fall head over heels for her too as she picks out questions from Now's Jenga tower...

What does love feel like to you?

Love is the worst! It's confusing. If it's going well, you're the happiest person on the planet and if it's going badly then you're the most depressed. Pick your person wisely! And always be in control.

Who's better looking: JP or Alex Mytton?

Pah! JP, without question! [Whispers] He's got a better personality too.

How do you feel about Mytton now?

We'll never be good friends but I have no problem with him. He still gets: 'You're the cheater!' when he goes out, which I thought he deserved for a while but I don't care any more. I really like his girlfriend

Nicola [Hughes] and wish him love and happiness. It's bad to hold on to hate.

What's your biggest fear?

Spiders! I heard there's a huge influx coming our way? They have huge bodies and probably huge teeth – and they run at you! Gah, I hate them!

Have you had 'an experience' with one?

At school, I heard one drinking out of the sink – it woke me up at night. Awful.

What's your top feelgood fashion item?

I get bloated – I like my legs but not my hips. So my collection is comfortable but cool – great for people who like

eating. Any excuse for a goose-fat potato or two...

What wouldn't you let the cameras film?

Me having sex! I've done tongue action but that's as far as it'd go. Spencer and Louise [Thompson] came close with their steamy shower scene – I reckon they had sex. Spencer told me they did have sex...

Do you reckon

Spencer will always be a bachelor?

Yeah, I like him as a bachelor. No one likes him with a girlfriend!

Any tips for bagging a posh boy?

Haha! I don't like posh boys – I like a bit of rough and tumble. I'm not very good at

TURN FOR MORE ➡



Binky's best bits



All Binky for InTheStyle.com. Turn the page to get 20% off!

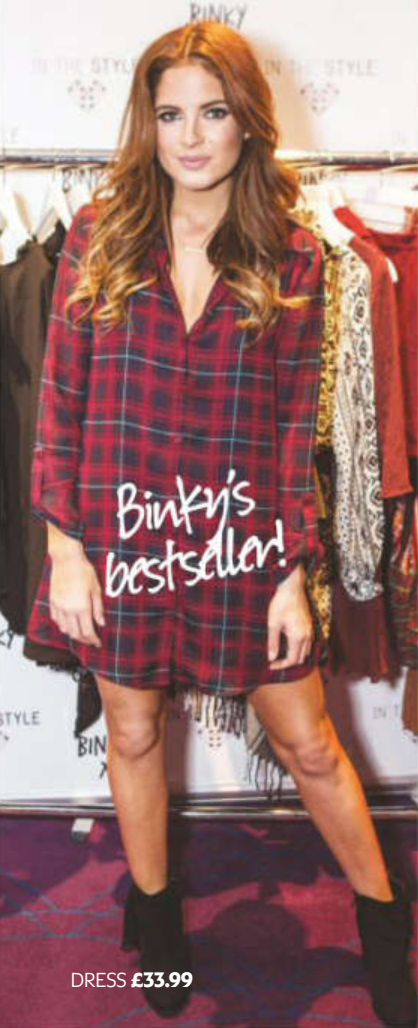


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banging them. No, I'm good at *banging*, I mean bagging... Ah, next question!

But if someone wanted to bag a Jamie Laing or Spencer type?

Definitely do not put out on the first night – unless you really want to! Though I don't know why you would. Play them at their own game. Don't be too keen.

Would you ever do Strictly?

Yes, 100 per cent! I'm a glorious dancer. I've got the moves. I'm always on a table – really, really classy!

What's been your most embarrassing moment?

I was walking to a coffee shop, looking at my phone and trying to look cool cos there were some fit builders wolf-whistling at me. And I walked straight into a pole. I got a big bruise. There was no way of styling it out – I mainly went bright red and laughed!

What's your go-to clothes shop?

InTheStyle, obviously – and they do beauty now too.

What's your favourite piece from your collection?

The dress I'm wearing sold out in the first 24 hours. We restocked and it's now available in sizes 8-18. I'm over the moon with how popular it is.

Fave food?

Chicken jalfrezi, any time. Maybe not for breakfast!

Your Plan B career?

I'd have been a PA or a jockey.

Favourite filter?

I like Slumber. I pick whichever one makes me look fitter!

Last thing you do at night?

It sounds so corny, but I thank the people upstairs. My mum says it's important to thank the angels so I try to do that – unless I've had a few drinks. Then I'm a bit more [shouts] PFSTFANKS EVERYRYONE!

What makes you laugh?

Someone uploaded a pic of Will from The Inbetweeners and JP – and they look identical.

Are you hot for Will from The Inbetweeners, then?

No, he's not fit.

How would you like to be remembered?

For not taking myself too seriously and being nice. I love my friends and family. And I don't try too hard.

The Binky X In The Style collection is priced from £19 - £50 in sizes 6-18 and is available at inthestyle.com

Fall in love with Binky while she talks you through her new collection at nowmagazine.co.uk/tag/Binky-Felstead



Words and Styling: Cilly Ferguson. *Subject to availability, terms and conditions apply

BINKY'S BEAUTY BAG

What are the three beauty products you swear by?

Pond's Cold Cream – all the women in my family have used it for years and have amazing skin. I always use No 7 Early Defence Day And Night Cream [£19.50 each] and I love my MAC Face and Body Foundation.

What's your game-changing beauty product?

Scott Barnes Body Bling is great for brightening skin and it doesn't streak.

What about your hair?

I have it washed and blow-dried once a week and I get Easilocks extensions

[from £40] put in every four months. I have the length but I need them for thickness.

Your make-up bag essentials?

My New CID Lip Gloss has a light so you can see what you're doing – clever! Also eyeliner – I draw a cat's-eye flick, or smudge it all over the eyelid for a smoky finish. And a highlighter – strobing's a thing, right? I love Charlotte Tilbury's FilmStar Bronze & Glow – I'd love it if she'd send me some? Er, cheers Charlotte?



My mascara face!

- 1 NEW CID COSMETICS LIGHT UP LIP GLOSS IN CHERRY POP £17
- 2 CHARLOTTE TILBURY FILMSTAR BRONZE & GLOW £49
- 3 POND'S COLD CREAM £3.29
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- 7 MAKE-UP BAG £8 ASOS.COM

GET 20% OFF

Just head to inthestyle.com and enter the code BINKYNOW20 at the checkout.* Offer ends at midnight on 19 October 2015.

IN THE STYLE



Chalet chic

Take your fashion cues from the après ski scene, with the latest collection from Tu at Sainsbury's

Forgive us for wishing for winter, but once you've seen the cosy layers and covetable checks for the coming season, we're sure you'll join us.

The latest collection from Tu at Sainsbury's will make you feel as if you're stepping off the slopes in Aspen. Filled with chunky cable knits, snug skinny jeans, slim-fit leggings and soft slouchy shapes, it's all you need for an après-ski vibe.

An extra layer of warmth comes courtesy of a rich colour palette, showcasing fiery reds and relaxed rusty tones contrasted with simple ecru shades and off-whites.

Pieces featuring lashings of faux fur, vintage motif knitwear and rugged lace-up boots are sure to become your new wardrobe staples, ensuring you'll be alpine-ready whatever the weather has in store.



JUMPER £22
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Now PROMOTION

COAT £40
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BOOTS £30

Tu *only at*
Sainsbury's

The Tu winter collection is available from 1 November online and in selected stores. Subject to availability. Search Tu clothing.

in store | online | mobile

BASE CONTROL

When a dastardly wrinkle or blemish appears, we tend to slap on heavy foundation to cover it up, but actually the result is a cakey, ageing mask that wouldn't even fool Lois Lane. Reach for some good anti-ageing skincare instead. Start with a primer to hydrate and smooth, then apply a lightweight foundation to filter your complexion and perfect, then finish with concealer. The result? A more youthful and luminous glow. Phew! Day saved.



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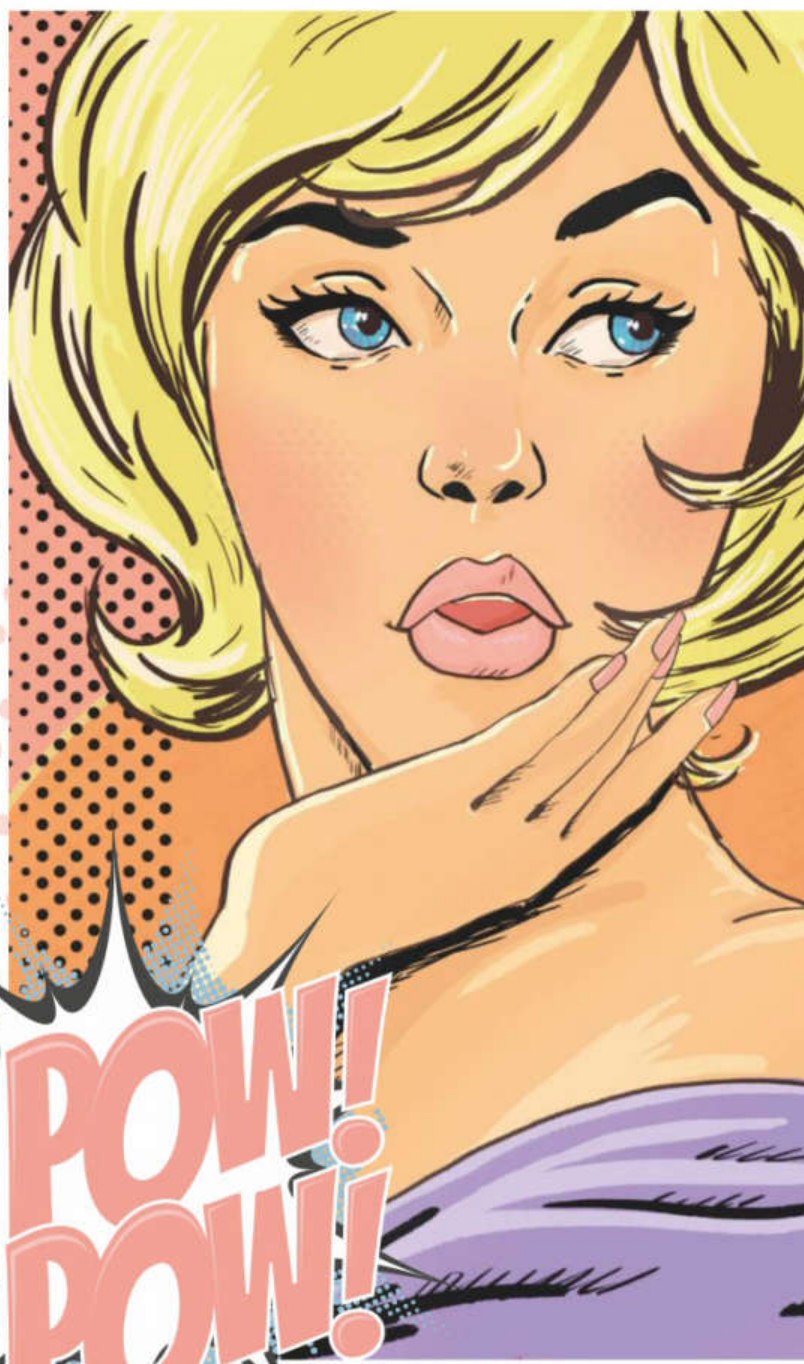


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LASH GORDON

Sorry, falsie addicts – our favourite eye accessories can actually add on the years post-30. Try curling your lashes instead and double coat with a good volumising mascara. Apply a light lash, wait a few minutes so the mascara sets, then take the wand to the root and wiggle upwards and outwards. Voilà, the false lash effect without any glue. Need extra help? Try the new Optilash Growth Serum. After 28 days, users saw on average a 66 per cent increase in length and a 40 per cent increase in volume.



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Beauty bloopers

The make-up mistakes making you look older – and the superhero buys here to save the day!

CARA DELEVINGNE

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BAREMINERALS
BROW MASTER
BRUSH

BROW BOOST

A full, healthy brow is so much more youthful than one that's thinning. Whether you've over-plucked or you're just a little less hairy, enhancing your arches with a brow powder or pencil will work wonders, so don't forget them. Plus there's now a serum to help them grow. Cara D, we're coming for ya!



£37
RAPIDBROW
EYEBROW
ENHANCING
SERUM

POWERLINER

As your skin starts to age, it's a good idea to swap your liner shade from black to brown. You'll still get those impact eyes that you long for, but it won't be such a contrast to your skin tone, which can emphasise laughter lines and make skin look sallow. #BrownIsTheNewBlack

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MAKE ME BLUSH

Get more sass than a superhero's GF with a youth-boosting cream blusher and say no to villainess powder puffs, which can cake and pack on the years.



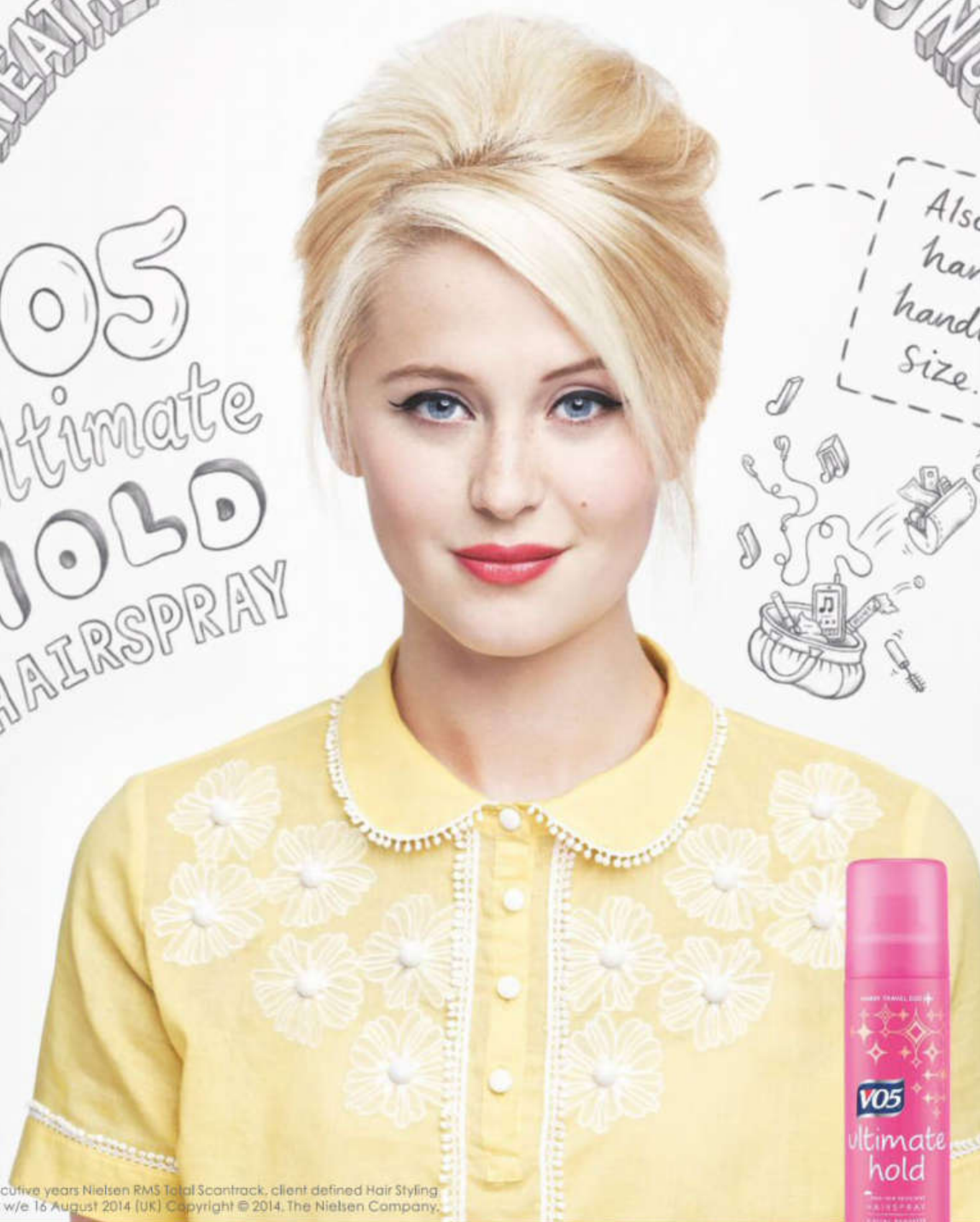
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a rosy flush

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POUT WITH CLOUT

Want to plump up thinning lips? Avoid dark or overly nude shades and opt for berry, plum or pinky tones. Moisture-packed products and ones with a slight shimmer can also help fake a full and youthful looking pout. Sorry Kylie Jenner, there's no need for that needle.

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£31.49
OLAY REGENERIST 3
POINT AGE DEFYING
NIGHT CREAM



CRIME FIGHTING SKINCARE

Yes sleep time is perfect for repairing and nourishing your skin, but overloading on serums, oils and lotions when you don't need it can trigger breakouts and cause inflammation. The best thing to do is listen to your skin. If it's already pretty glowy, just use one product, such as an anti-ageing serum or night cream, and if it needs a bit more help use them together. Everyone's different. Just because there are lots of incredible skincare products out there, it doesn't mean you need to use them all at once.

Words: Lydia Thompson. Photos: Rex, Shutterstock



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the red lip
trend!

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DAILY DEFENCE

We know you want to clean out those dirty pores, but over-cleansing and exfoliating can strain and stress out your skin, so go easy and use a gentle cleanser and exfoliate two to three times a week. Give your skin some space – it'll thank you.



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JOJOBA BEAD
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CLEANSING GEL

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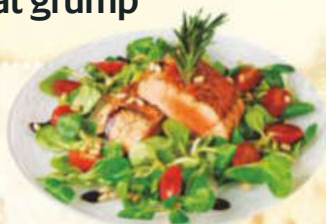
YOU & Improved

Health, heart, happiness – how to supersize your life

7 ways to beat SAD

Say hi to a new season and swerve that grump

1 *Salads = No SAD. Yes, really!*
Eating small, well-balanced meals throughout the day minimises mood swings. Sugary foods will leave you feeling sleepy, so green veg up!



2 *Leave the office*
Step outside for at least 30 mins every day. The vitamin D will energise you and even if it's cloudy the natural light will enhance your mood by making you feel more alert.

3 *Run around*
A recent study showed that exercising daily for an hour may alleviate symptoms of depression. So grab a waterproof and go out for a run.



£60
ADIDAS
SUPERNOVA
STORM
JACKET

4 *Wake up well*
If you struggle to get out of bed, try a wake-up light – it's an alarm clock that stirs you gently with a natural sunlight-like beam. Ah, summer, it's like you never left us.



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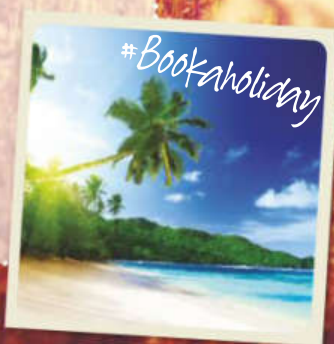
5 *Increase your energy*
Give your bod a helping hand with nutrients that reduce lethargy. Super-green powders are a great way to up your intake of healthy veg, vitamins, minerals, antioxidants and fibre.

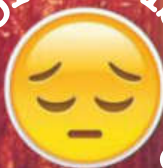
£15
L'Occitane
Rameaux
d'Hiver Candle



6 *Pamper yourself*
Make the most of being indoors and take a little bit of me time. Candlelit soapy baths are a simple yet effective way to do it. #Dreamy

7 *Make plans*
Studies have shown that socialising is good for your mental health. So make an effort to meet up with friends and family during the long winter months. Or plan a holiday to look forward to.



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You & Improved Oh.My.Bod.

US actress **Dana Delany**, 59,

shares her top-to-toe health secrets

I've sworn off plastic surgery'

HEIGHT: 5FT 6IN
WEIGHT: 8ST 7LB
SIZE: 6

What exercise do you do?

Yoga. I go at 7am for an hour and a half and it sets me up for the day. When I'm in a hotel I bring a mat and just do 45 minutes.

Do you focus on one part of your body?

With yoga it's a lot of internal stuff. What I love about it is that it massages your organs and that's what keeps you healthy. It keeps everything moving.

Who's your celeb body idol?

Can I pick a guy? I admire Ryan Gosling's body. That scene in Crazy Stupid Love where he lifts his shirt and Emma Stone says: 'Get out of here!' – I can relate to that!

What body confidence tips would you give to your younger self?

Easy! I look back at photos of me from 30 years ago and I think: 'Why were you so hard on yourself? You looked fantastic!' At 30 I was like: 'I need to fix this, I need to fix that.' Now I look at these pictures and think: 'There's nothing wrong with me – stop it!' I wish young girls now would realise that.

You previously swore off plastic surgery after a bad experience – why was that?

What you think is wrong with you is what makes you unique. We end up all looking the same. It's better to leave it alone.

Dana stars in *Hand Of God* season one, available now on DVD at amazon.co.uk

DANA'S FOOD DIARY

Now's expert sports nutritionist **Ollie Frost** gives his verdict on her daily diet.



Breakfast

A black coffee and a banana after yoga, then two poached eggs on gluten-free bread.

OLLIE SAYS: Black coffee stimulates the nervous system to release fat as energy, while bananas replenish energy post-workout.



398 cals

Lunch

I usually have a piece of salmon with a quinoa, lentil and bean salad.

OLLIE SAYS: Salmon contains omega-3 fatty acids that provide joint support, control insulin levels and aid the digestive system. Quinoa contains nearly twice as much fibre as grains, to help lower cholesterol and blood glucose.



537 cals

Dinner

I usually have a bowl of pasta with some passata sauce.

OLLIE SAYS: Don't believe the myth of no carbs after 6pm – carbs in the evening can help sleep quality by restoring your energy balance.



488 cals

Snacks

I like to snack on almonds and chia seeds throughout the day.

OLLIE SAYS: Almonds and chia seeds contain high levels of polyunsaturated and monounsaturated fats, which can help reduce heart disease. Aim for a handful of 15 almonds per snack.



261 cals

TOTAL CALS 1,684 (GDA 2,000)

VERDICT Dana's diet is filled with energy-dense, nutritious foods to ensure she has enough energy to support a busy lifestyle. Carbs feature heavily, which is great – it's not carbs that make you overweight, it's too many calories and a lack of exercise. An all-round nine out of 10.

Follow Ollie on Twitter @Ollie_Frost

Scopes

SATURDAY 17-FRIDAY 23 OCTOBER

You & Improved



Your week ahead with **David Wells**



JESS GLYNNNE
turns 26 on
20 October

IF IT'S YOUR BIRTHDAY THIS WEEK...

Listening to your mates is fine, Libra. They have their opinions and want what's best for you – but listening to your inner voice could save time. This year, you're preparing to receive Jupiter in your sign. In September 2016 you'll travel, get that degree, spread your wings and fly. See the potential in all you do. One small step leads to big things in love, work, money and whatever!

LIBRA 23 Sep-22 Oct

Someone seems to be waiting for an answer you want to take your time over, so let them wait. Easier said than done; you're on a deadline. Really? Doesn't that tell you all you need to know?

Life is two-way, not one-way. Call me.
UK: 0905 8171567* IRL: 1560 787907*

CAPRICORN 22 Dec-20 Jan

You're not seeing the full situation. You can see your part, but can you see how you affect others? You will by the week's end. A big conversation with hard facts is coming.

New overseas romance? Call me.
UK: 0905 8171570* IRL: 1560 787910*

ARIES 21 Mar-20 Apr

On the sensitivity scale, your sign might not register high on most people's lists. But they'd be wrong because you hide it well. Someone wants to see what lies beneath in order to connect with the real you.

Love is intense and poetic. Call me.
UK: 0905 8171561* IRL: 1560 787901*

CANCER 21 Jun-22 Jul

Single-handedly managing to get everyone into the right place is impressive. Or are you doing it all while they sit back and let you? Only you know, but look around and see the truth of it.

Relationships get deep. Call me.
UK: 0905 8171564* IRL: 1560 787904*

SCORPIO 23 Oct-22 Nov

There are whispers and chatter on the wires. Your spidey senses pick them up well, but that's all they do. Don't assume all chatter is negative. Discussions about you could be positive, Scorpio.

Truth is revealed – call for more.
UK: 0905 8171568* IRL: 1560 787908*

AQUARIUS 21 Jan-19 Feb

When you put up with things, they can go to the bottom of the list of stuff that needs sorting. But they'll just bubble back up, transformed into gnarly problems. Deal with them now.

Call for more on money and love.
UK: 0905 8171571* IRL: 1560 787911*

TAURUS 21 Apr-21 May

You're not one for making things more difficult than they have to be and your ability to edit a relationship or work deal shows that skill well. Throw out what's not needed, lighten the load.

Call to hear about overseas offers.
UK: 0905 8171562* IRL: 1560 787902*

LEO 23 Jul-22 Aug

You can't make up your mind which way to go. So toss a coin and let luck decide for you – then argue against it and do what you wanted all along. Cut out the drama and trust your vibes.

Money matters are resolved. Call me.
UK: 0905 8171565* IRL: 1560 787905*

SAGITTARIUS 23 Nov-21 Dec

A magical trio of planets pushes for a career boost, but are they opposed by family matters that could take the energy out of plans? Dialogue and simple truths clear the way ahead.

All eyes are on you. Call to hear more.
UK: 0905 8171569* IRL: 1560 787909*

PISCES 20 Feb-20 Mar

The difficulty with love can sometimes be the very thing that makes it deeper and creates better understanding. If only it was that easily explained. Lose yourself to find yourself, Pisces.

A double duvet week. Call me.
UK: 0905 8171572* IRL: 1560 787912*

GEMINI 22 May-20 Jun

No matter how much you'd like someone else to get stuck into home or family stuff, it seems you're the one who has to get things moving. Carve some time out of your busy work schedule.

Hectic? Call to hear why that is.
UK: 0905 8171563* IRL: 1560 787903*

VIRGO 23 Aug-22 Sep

You can shout as much as you like, but it won't get you heard. In fact, it might do the opposite. A gentler approach is called for, Virgo. Leave gaps for responses and listen with real intention.

Relationships rule. Call to hear more.
UK: 0905 8171566* IRL: 1560 787906*

*Calls cost 80p per minute (ROI €1.28) plus your telephone company's network access charge and last approx 4 mins. Users must be over 18. Weekly lines updated on Saturdays. For entertainment purposes only. SP/IP: Spoke (UK: 0333 202 3390/ROI: 01437 8815)

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You can also pay using your debit/credit card
Call 0800 063 0772**
Or text NOW then your question to 86655 £3/text reading (UK only)***

General Tarot
UK: 0906 174 1391 £1.50/min**
IRL: 1580 923 429 €2.40/min**
Or text TAROTNOW then your question to 86655 £3/text reading (UK only)***

Live Astrologers
Call 0906 344 0311 £1.50/min (UK only)**
Or text ASTRONOW (space) your date of birth (DDMMYY) and your question to 86655 £1.50 per msg x 2 (UK only)***

Calls cost £1.50 per minute (ROI €2.40) plus your telephone company's network access charge. Max call length 19.6 mins. Lines open 8am-1am every day; calls made outside of these hours will be charged. Booking line available Mon-Fri 9am-5.30pm. All calls recorded. Callers must be over 18. You must have the bill payer's permission. *Text readings cost £3 plus standard rate message. Psychics will promptly reply to all messages. For entertainment purposes only. When you text a psychic, you will get marketing messages from Time Inc. (UK) Ltd and Now magazine. However you can reply NOINFO at any time to unsubscribe from marketing messages. SP (UK)/IP (Eire): Spoke. Helpline: UK 0333 202 3392/ROI: 01437 8815 (9am-5pm, Mon-Fri). This service is regulated by PhonepayPlus.



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RELAX

The **Fix**

What'll get
your pulse
racing
this week

FILM

Don't look **BEHIND YOU...**

Crimson Peak

At cinemas 16 October

Watch out, guys, because Mia Wasikowska has put on her scary gothic film hat and she's rocking it *good*. Remember when she played Jane Eyre? Well, new flick *Crimson Peak*, from Pan's Labyrinth director Guillermo Del Toro, takes Jane Eyre and mixes it with *The Woman In Black* – and the result is *veryscary* indeed. Mia plays Edith, a writer who's suffered a family tragedy. To escape the ghosts of her past life, she shacks up with a mysterious lover. The only thing is, his house is pretty frightening – in fact, it's alive... and it bleeds. This film is so freaky you'll need to bring a cushion to the cinema to hide behind. Or a suitably hunky man. Or both.

NOW RATING ★★★★★



Tom Hiddleston
and Jessica
Chastain also star
in this spooky film

FILM



Pan

At cinemas 16 October

Cara Delevingne's in yet *another* film – this time a kids blockbuster that big kids will love, too. When orphan Peter's left behind by his

mother he's spirited away to find a magical world where he becomes Peter Pan, the boy who never grows up. Cara is a mermaid, while Hugh Jackman plays scary Blackbeard.

NOW RATING ★★★★★

FILM



The Lobster

At cinemas 16 October

This arty film features an all-star cast, including Colin Farrell, Rachel Weisz and Olivia Colman. In a dystopian future, singletons are

shipped off to a hotel where they have 45 days to find a partner – or they'll turn into an animal and get banished to the woods. Ridiculous, romantic and unique. We love.

NOW RATING ★★★★★

A quickie with...

ZOE RICHARDS

The actress talks about her new role in *Mr Selfridge*...

You've been cast as one of the Dolly sisters – tell us about it...

I play Jenny Dolly. She and her sister Rosie are Hungarian identical twins and they're singers and dancers living a really fast lifestyle. There's lots of drinking and gambling and they obviously appeal to Harry Selfridge. They cause a lot of drama on the show and that's all I can really say. You'll have to tune in.

How fab are your costumes?

They're beyond anything I could've dreamt of. Because the Dolly sisters are dancers, a lot of the stuff they wear is pretty

risqué. I also get to wear a wig, which is brilliant.

Was your wig uncomfortable?

Not at all. Jeremy Piven [who plays Harry] didn't recognise me when I had my wig off, which was hilarious. It was just a total transformation. The costume department is brilliant.

Are you prepared for fame when *Mr Selfridge* returns?

I think I'll be fine. Like I said, if Jeremy didn't recognise me without my wig then I think I'll be able to pop out for a pint of milk without getting mobbed!

*The fourth series of *Mr Selfridge* begins on ITV in January*



30 seconds with...

JAMES KING

The singer, 21, talks music. Tell us about your debut EP *Lost-Bewildered*...

It's made up of three songs. I try to stay away from the subject of love – I feel it's been done to death. But there's one song about a complicated relationship that I experienced.

Are you a fan of *The X Factor*?

I've got nothing against the artists, but I don't agree with the format – it pits artists against each other. We should be collaborating, not competing.

What's your next career move?

More travel. I've just got back from gigging in New York.

Lost-Bewildered is out now



THE HOT SPOT

What makes us sizzle or leaves us cold

SO NOW



Ollie Locke & Richard Dinan

Made In Chelsea, E4, 9pm, 19 October

They're back for series 10! We still can't bring ourselves to fancy Richard, but Ollie's a babe.

TV

TV

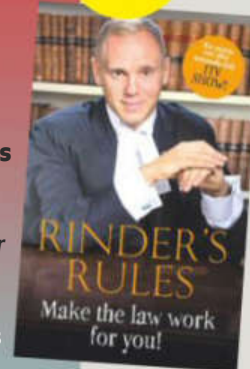


Keith Lemon's Back T'Future Tribute

ITV2, 9pm, 21 October

This show celebrating 30 years of the iconic film franchise will be effing brilliant.

BOOK



Rinder's Rules by Judge Rinder

Out 8 October

The best telly judge ever (soz, Judy) has a new book that actually makes law interesting!

When Zac Efron keeps his shirt on

Those pecs should be out at all times. Luckily, he's filming *Bad Neighbours 2* now – mostly sans shirt.

Kermit's new girlfriend

The Muppets, Sky 1, 8pm, 19 October

Oink off, Denise! We'll always prefer Miss Piggy.



SO NEVER

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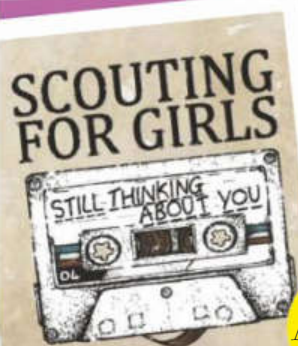
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ALBUM

Chilling IN

Still Thinking About You
by Scouting For Girls

Out 16 October

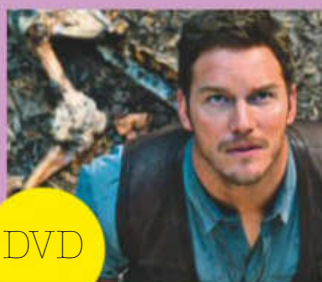
Love them or loathe them, you won't be able to get away from the irritatingly catchy band now they're back with a new album. We've still got She's So Lovely stuck in our heads and that came out in 2007. Argh!

Mad Men: The Complete Final Season

ON DVD 19 October

Have you seen the final episode of one of TV's best shows ever? If you haven't, you need to – it's perfect.

DVD



DVD

Jurassic World

On DVD 19 October

We told you guys it was a bad idea to try to make the dinos come back to life again, but you just wouldn't listen, would ya? Fortunately, Chris Pratt is on hand to look fit and perform some distraction techniques.

Geordie Shore

MTV, 10pm,

20 October

The lads and lasses are back, this time in Greece. It's fine, we've all had a drunken Greek holiday – what goes on tour stays on tour, right?

TV



Chilling OUT

The Clothes Show

NEC Birmingham,

4-8 December

(clothesshowlive.com)

Head to Twitter @Nowmag to win tickets to this fab fashion and beauty event!

EVENT



Pam Ann: Queen Of The Skies

Nationwide until 29 November

(pamann.com)

Beloved funny lady Caroline Reid's back with a whole new show and you need to get tickets. The world's craziest airline hostess is rude, crude and very, very funny.

COMEDY



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FASHION



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TOUR



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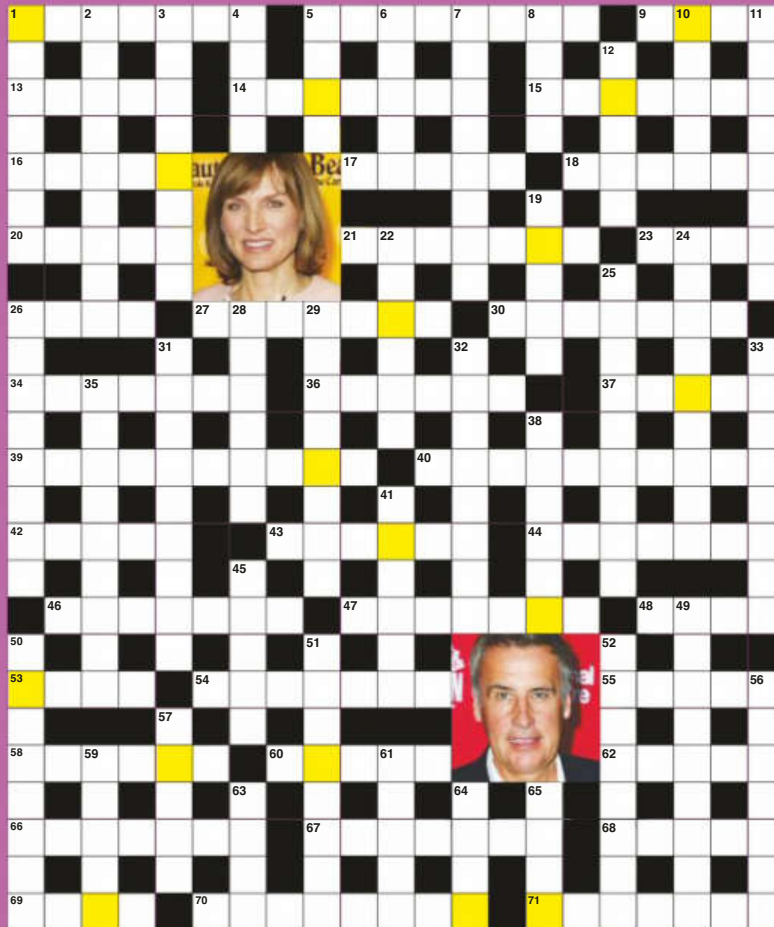
Fill in the answers in the grid below and the letters in the yellow squares will spell out the answer to this bonus question: what poll, conducted in the UK by a US TV company, was topped by Fiona Bruce and Dermot Murnaghan?

ACROSS

- 1 Small sweet orange (7)
- 5 Slow-moving shelled reptile (8)
- 9 Cut and gather crops (4)
- 13 Peers, noblemen (5)
- 14 Six-sided figure (7)
- 15 Pilot (7)
- 16 Dugout boat (5)
- 17 Token stuck on an envelope (5)
- 18 Capital of Spain (6)
- 20 Ink-squirting sea creature (5)
- 21 Wood lacquer (7)
- 23 Musical work (4)
- 26 Carrying-board (4)
- 27 Expression of admiration (7)
- 30 Holiday home on wheels (7)
- 34 Irritating, needing a scratch (7)
- 36 Intelligent, smart (6)
- 37 Sixteenth of a pound (5)
- 39 Fizzy drink with quinine (5,5)
- 40 Institution of higher learning (10)
- 42 Select group (5)
- 43 Powerful person (6)
- 44 Cautious and heedful (7)
- 46 Car, van or lorry (7)
- 47 Bloom seller (7)
- 48 European high spots (4)
- 53 Stink (4)
- 54 Lavish feast (7)
- 55 One in possession (5)
- 58 Cup's dish (6)
- 60 Canal vessel (5)
- 62 Foolish (5)
- 66 Scratch a design into metal (7)
- 67 Blood sucking count (7)
- 68 Our planet (5)
- 69 Ebb and flow (4)
- 70 Breakfast oatmeal (8)
- 71 Fights back, opposes (7)

DOWN

- 1 Chooses (7)



- 2 Large venomous spider (9)
- 3 Tottery, wobbly (8)
- 4 Throbbing pain (4)
- 5 Hired car (4)
- 6 Sort of angles in a square (5)
- 7 Medicinal lotion (8)
- 8 Confidence trickster's evil plan (4)
- 10 Go in (5)
- 11 Heaven, utopia, nirvana (8)
- 12 Last match of a tournament (5)
- 19 Movie Academy award (5)
- 22 National song (6)

- 24 Party who brings a suit into a law court (9)
- 25 Manual workers (9)
- 26 Baker's dozen (8)
- 28 West Indian popular music (6)
- 29 Germs (8)
- 31 Damage to reputation (9)
- 32 One between 41 Down and twenty (8)
- 33 Sets aside for re-use (8)
- 35 Many-legged creature (9)
- 38 Throws out of a house (6)
- 41 Dozen (6)
- 45 Just washed (5)
- 49 Innkeepers (9)
- 50 Curved street (8)
- 51 Waste by using lavishly (8)
- 52 Bread grillers (8)
- 56 Musical beats (7)
- 57 US state containing Dallas (5)
- 59 Encouraged, egged on (5)
- 61 Protect (5)
- 63 Nought (4)
- 64 Backless slipper (4)
- 65 Matched twosome (4)

ANSWERS

ACROSS 1 Satsuma 5 Tortoise 9 Reap 13 Lords 14 Hexagon 15 Aviator 16 Canoe 17 Stamp 18 Madrid 20 Squid 21 Varnish 23 Opus 26 Tray 27 Tiburo 30 Caravan 34 Lather 36 Clever 37 Onions 39 Cover 40 University 42 Elite 43 Bigwig 44 Carful 46 Vehicle 47 Fort 48 Alps 53 Reek 54 Banquet 55 Owner 58 Sauce 60 Barge 62 Silly 66 Engrave 67 Dracula 68 Earth 69 Tide 70 Portridge 71 Resists DOWN 1 Selects 2 Taramula 3 Unsteady 4 Ache 5 Tax 6 Right 7 Ointment 8 Scam 10 Enter 11 Parade 12 Final 19 Oscar 22 Anthem 24 Plaintiff 25 Labourers 26 Thirteen 28 Reggae 29 Bacteria 31 Discredit 32 Teenager 33 Recycles 35 Centipede 38 Evicts 41 Twelve 45 Clean 49 Landlords 50 Crescent 51 Squander 52 Toasters 56 Rhythms 57 Texas 59 Urged 61 Guard 63 Zero 64 Mule

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2004

NOW



Whatever happened to....?

Simon Amstell

Of course, the Popworld presenter!

That's the one. Self-proclaimed 'misfit' Simon originally wanted to carve out a career as a magician, but in 1998 he instead managed to pull his first job as a kids TV presenter on Nickelodeon out of a hat. When asked why he left the role after two years, Simon claimed: 'I was sacked for being sarcastic and

mean to children.' He went on to co-host T4's Popworld on Sunday mornings with Miquita Oliver for six years from 2000.

And then he did *Never Mind The Buzzcocks*?

The show that really made Simon a household name was *Never Mind The Buzzcocks*, which he hosted from 2006-2009. But it also made him a few enemies. Noel Fielding said he 'ruined the show', while Ordinary Boys singer Preston famously stormed off the set, calling Simon a 'snotty little posh boy', after he ridiculed his public relationship with Chantelle Houghton.

So he's always been a bit controversial...

Yep. Even after Simon left *Buzzcocks*, the outspoken star still managed to stir up trouble. In 2012, he caused outrage by joking about singer Russell Watson's cancer battle live on BBC Breakfast.

When presenter Sian Williams told Simon his slot on the show had ended and it was time for the next guest, Simon said: 'We're finished. Got to get Russell on with his tumour!'

What about his personal life?

After quitting *Buzzcocks* to do stand-up comedy, the gay, Jewish, teetotal vegan then used his personal life as the basis for the majority of his jokes, admitting: 'I tried to figure my life out on stage.' Simon's Numb tour – which led to a sell-out residency in New York in 2012 – was about his battle with depression.

How's he doing now?

Now splitting his time between Britain and the States, Simon seems happier than ever. The 35-year-old told an American audience: 'I'm in the most authentic, beautiful relationship I've ever been in. Even though it's perfect and I love him... I still had a dream about being seduced by a lubed-up dungeon boy.' Oh, Si, haven't we all?



Simon's 2010 sitcom *Grandma's House* – which he wrote and starred in – got rave reviews but a band with the same name considered taking legal action against him. Simon replied to them: 'I'm so sorry. Can you send me a CD please? If those things still exist.'

If you want to hear about or have seen a once-famous celeb – or you *are* a once-famous celeb! – get in touch at **nowmagletters@timeinc.com**



Simon terrified guests on *Buzzcocks*



With Popworld co-host Miquita

Barry M



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